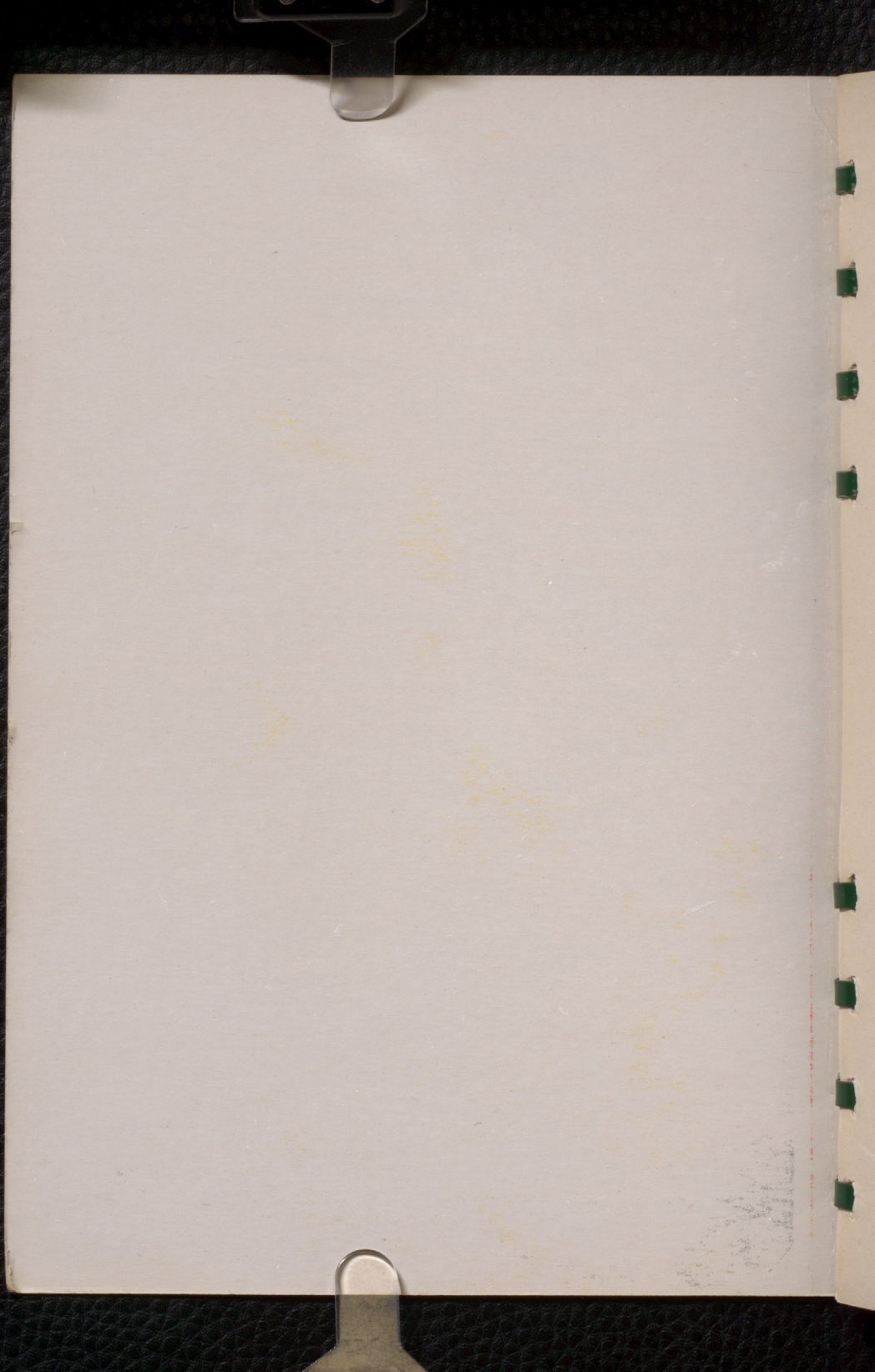


The New Art

CREATED BY
GENERAL ELECTRIC KITCHEN INSTITUTE





The Klean-Aid

IT WASHES, POLISHES,
AND PRESERVES FLOOR

SALES

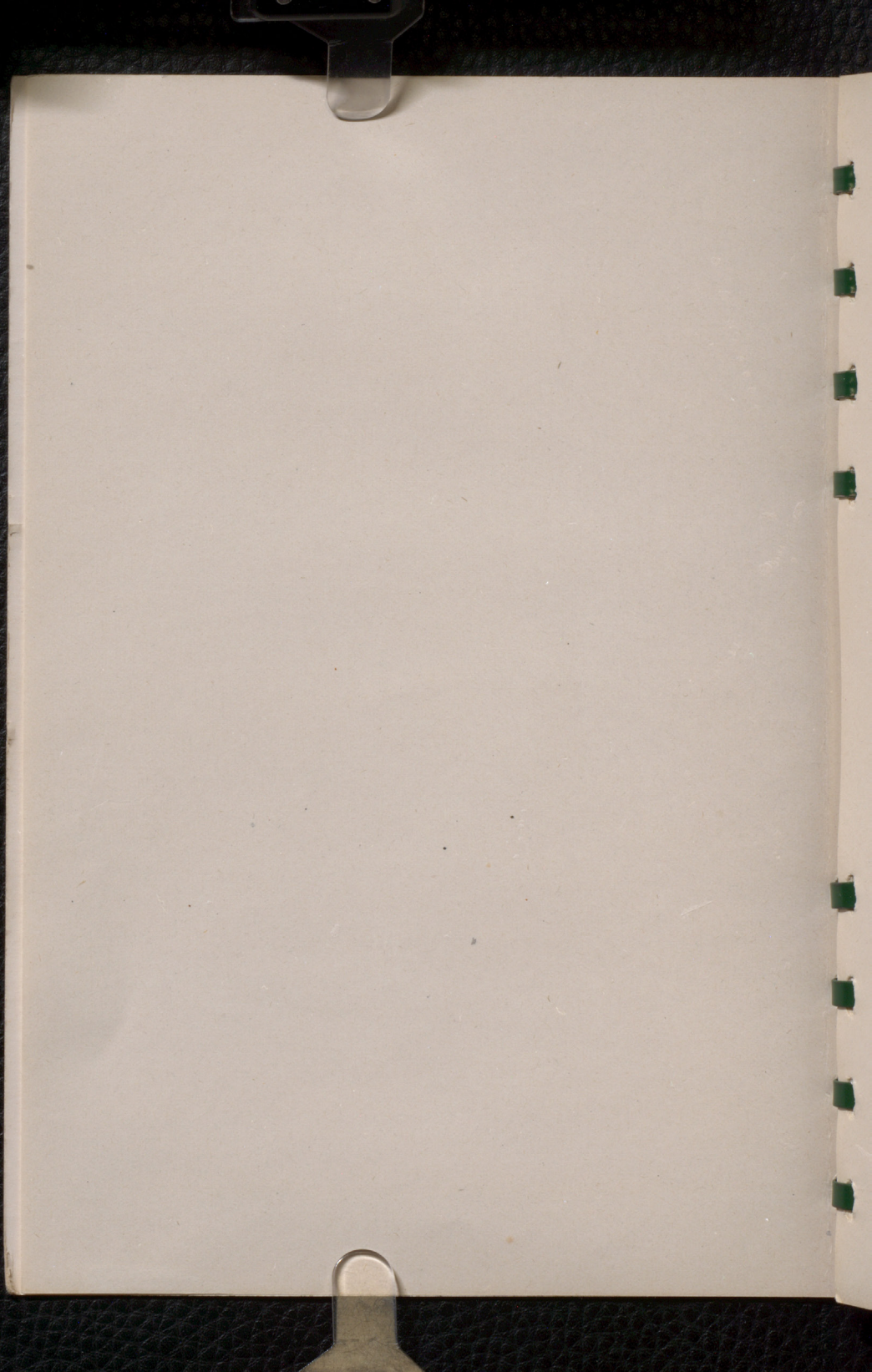
Form No. 1
CANADIAN CENTRAL ELECTRIC
CO. LTD.
TORONTO, CANADA

CANADIAN CENTRAL ELECTRIC CO. LTD.

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The New Art

OF BUYING, PRESERVING
AND PREPARING FOODS



Presented by

GENERAL  ELECTRIC
KITCHEN INSTITUTE

CANADIAN GENERAL ELECTRIC CO. LIMITED

PRICE \$1.00

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IN THE KITCHENS OF THE G-E KITCHEN INSTITUTE

a staff of home economists constantly plan and test new and better ways of doing things—under actual home conditions. Modern appliances developed by General Electric to aid the flow of kitchen work are used. Here, too, General Electric representatives are thoroughly trained in kitchen duties and problems—that they may be of greater service to the home owners of their communities.



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THE G-E KITCHEN INSTITUTE CREATES

A New Art

IN HOME MANAGEMENT

IN the G-E Kitchen Institute, General Electric has established a new, and probably their most unique service devoted to the creating of better living in the home.

The entire activities of the Institute are devoted to making the home a more enjoyable place to live and work. Electricity has made possible many new and better methods of kitchen management and it is the purpose of the Institute to study, develop and perfect these methods and to show you how best to use them.

Here complete all-electric model kitchens of different sizes are installed. These modern kitchens have electric refrigeration for preservation of foods and cold cookery—electric ranges for better cooking and baking—electric dishwashers to wash and dry the dishes—and many other electrical appliances that General Electric has developed to aid the flow of kitchen work. These various appliances are put in use in the Institute under actual home conditions.

At the G-E Kitchen Institute a staff of home economists are constantly planning and testing, finding and proving better ways of food preparation and food preservation. They go to market, they shop, they study food values, and they devise many new ways of "saving without skimping". They consult housewives, butchers, grocers and diet specialists. They plan new menus and new ways of serving a countless variety of dishes. They create new recipes and improve old ones. They develop health menus and diets.

At all times the G-E Kitchen Institute staff is alert to discover better ways of kitchen procedure—to learn how modern electric appliances and proper kitchen designing can give even greater convenience, cleanliness and economy—how more hours can be freed from the monotonous routine of kitchen work for the modern woman.

PLANNING THE G-E KITCHEN

The G-E Kitchen Institute maintains a Kitchen Planning Division where skilled architects design indi-

vidual General Electric Kitchens for individual homes. Working in close harmony with Institute home economic experts, each kitchen they plan and design is the last word in modern efficiency, beauty and convenience. This planning service is available to all Canadian homes. From a rough floor sketch of any kitchen in any home, the General Electric Kitchen Institute, through the local G-E representative, will submit color sketches of an individually planned and designed G-E Kitchen.

The complete kitchen can be gradually acquired on the G-E Step-by-Step Plan — making it easy for families with limited budgets to plan for and eventually own a complete, distinctively designed General Electric Kitchen.

USE THE G-E INSTITUTE

You are invited by Canadian General Electric Co. Limited to take full advantage of the services ex-

tended through the G-E Kitchen Institute.

In the General Electric Kitchen, one kilowatt hour of electricity will do an hour's work of 13 people. If you had a servant laboring contin-



uously for 13 hours in your kitchen she could do no more than that one little unit of electrical energy.

The General Electric Kitchen provides short-cuts that reduce working time and make kitchen duties easier and far more pleasant. Hundreds of steps are saved every day—steps that mean both time and energy.

With a complete General Electric Kitchen in her home the modern woman need spend only minutes in the kitchen. There are no long hours of watchful waiting, tasting, basting and "peeking". A General Electric Hotpoint range automatically cooks the meal and she can be miles away. She can go shopping—or wherever





she wishes—and when she returns her dinner will be piping hot and ready to serve, at any hour she desires.

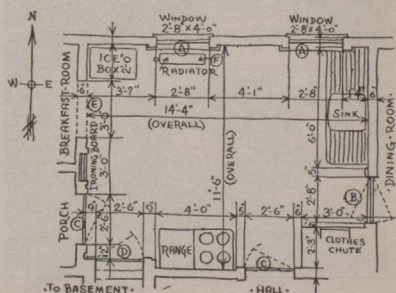
With a General Electric refrigerator, she need go to market less often, for she can buy foods for days ahead. She can prepare appetizers, salads, desserts and other dishes as far in advance as she wishes, knowing they will be fresh and wholesome when served. Buying and preparing foods in advance, then safeguarding them in the clean, cold air of a G-E refrigerator, saves hours of kitchen time a week.

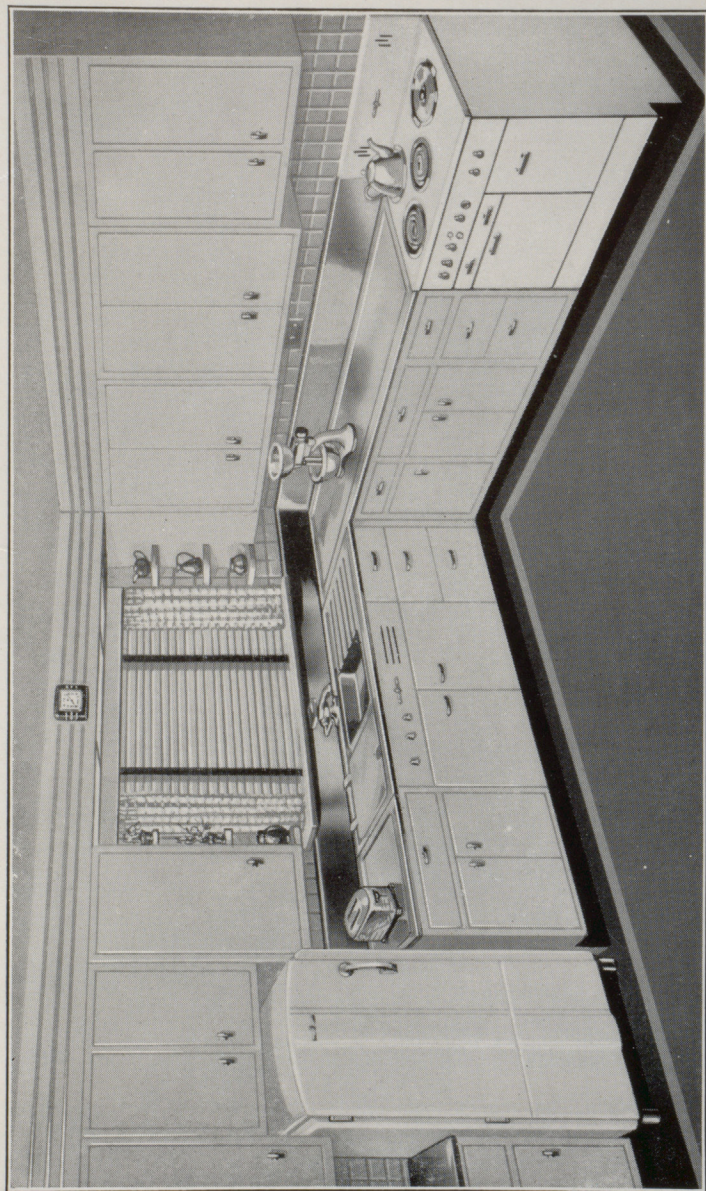
A touch of a switch and presto!—electricity banishes the most disagreeable of all kitchen tasks. A General Electric dishwasher actually washes and dries all the dishes, silverware, pots and pans in 5 minutes. Eliminating this 3-times-a-day job saves extra hours for other things every day of the year and hands need never touch hot greasy dishwater.

In this booklet you will find much valuable information on the use and care of modern kitchen appliances—short-cuts in planning, preparing and serving meals—new recipes and delightful menus. You will find it an interesting presentation of The New Art of Simplified Home Management—the buying, preserving and preparing of foods.

The most important room in the home has now become the most enjoyable. No longer is the modern woman tied down to monotonous hours of kitchen routine. Magic electric servants work for her, giving her new joyous hours of freedom—hours she can spend in any way she chooses.

All you need do to secure the services of the General Electric Institute is make a very rough sketch of your present kitchen, showing dimensions and equipment you now have. Then call in the G-E representative and he will make arrangements with the G-E Institute to help you modernize your kitchen. If you wish, he will make the rough sketch for you similar to the sample sketch shown below.





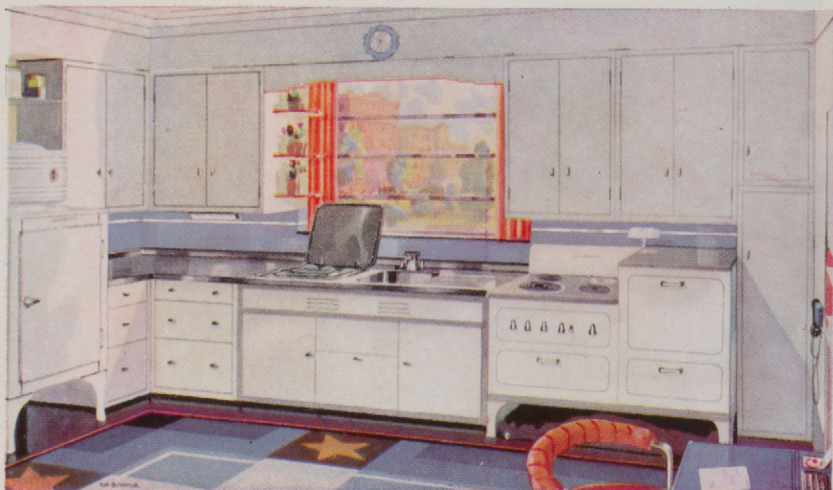
A typical General Electric Kitchen, designed for greater convenience.



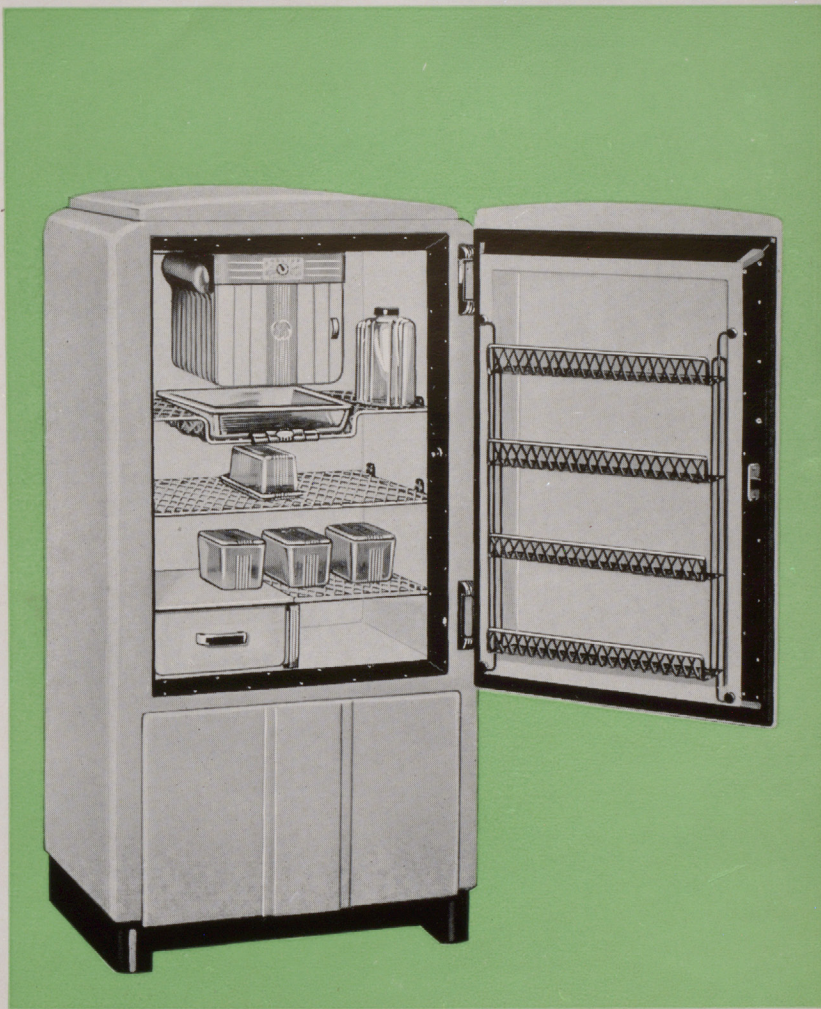
A Provincial Designed Kitchen in the General Electric Institute.



BEFORE... The old-fashioned kitchen full of work, crossed and re-crossed with countless steps. The scene of hundreds of lost hours loaded with routine drudgery . . . the result is lost youth and beauty, and impaired health.



AFTER... The modern General Electric Kitchen—a lifetime investment that pays for itself. Easily step-by-step, one unit can be added at a time, and each helps pay for the next through actual savings effected. The G-E Kitchen Institute, through the G-E representative in your community, will show you how to attain this desirable goal. There is no obligation to you.



The new Flat Top General Electric Refrigerator sets new standards of beauty, styling and convenience. Freezes more ice faster, uses less current, operates quietly. It will give a lifetime of carefree service and never requires oiling.

FOOD PRESERVATION AND THE

General Electric Refrigerator

WITHOUT a doubt, the health of your family means more to you than anything else in the world. You are willing to make every effort to protect it; you learn to buy wisely, to plan the right kind of meals, and to prepare those meals in the very best way you know how. But do you know how essential to good health is the proper care of food in your home?

All foods contain certain tiny organisms known as bacteria, yeast and molds. When given the proper conditions these grow and multiply rapidly. Like other growing things they need warmth, moisture and air to thrive. Your chief problem, therefore, in caring for your food is to make conditions so favorable for proper preservation that bacteria cannot develop. Food may contain many harmful bacteria without showing outward signs of spoilage.

Constant low temperature is essential to proper preservation of the food in the home. Even in the winter, the thermometer out of doors often shows changes that bring the temperature well above the 50° point.

The only way the home manager can be sure she is doing her part is to keep perishable foods at a low, even temperature (below 50° F.), under the most sanitary conditions, and in an atmosphere which is pure and fairly dry.

Your General Electric Refrigerator



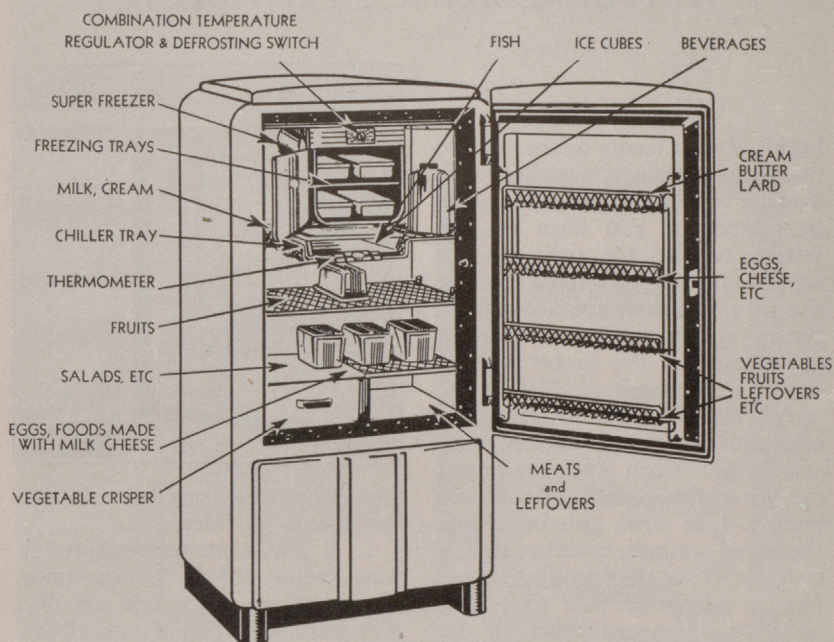
solves the problem of food spoilage. It provides:

1. A low, even temperature, always below 50° F.
2. An atmosphere not too moist nor too dry.
3. A good circulation of pure, chilled air.

As a user of a General Electric Refrigerator, you can feel confident that your food is being properly and safely cared for. Therefore, you can buy in large quantities—enough for three or four days at a time. You can save yourself many trips to the market and there is real economy in quantity buying.

Your General Electric Refrigerator is always ready and willing to work for you. It has a constant, low, dry temperature to keep your food in perfect condition, and accordingly you are provided with many opportunities to save time, money and energy in buying, preparing and serving food.

Best Arrangement of Foods



THERE are only two or three things to remember about the placement of foods in your refrigerator. Place milk and other bottled goods on the top shelf next to the super-freezer. Arrange other foods according to diagram (above). A simple rule to follow is to cover all foods except those foods with their own natural covering, such as: lemons, oranges, and eggs. Meats should be stored with a thin layer of waxed paper covering them. All

strong flavored foods such as cucumbers, melons, etc., should be well covered.

Naturally, the reverse is true of those things nature does not "supply with a skin." Fresh, leafy vegetables should be washed and put into the vegetable crisper of your refrigerator; and all foods which need to retain a supply of moisture should be covered.

It is a good plan to keep all foods with decided odors covered. If you do this, there is little chance

of any odor leaking out and being transferred to other foods in the refrigerator.

Just as a suggestion, don't over-

crowd the refrigerator shelves because free circulation of cold air inside the cabinet is necessary for perfect refrigeration. Save refrigerator space for PERISHABLE foods.

A FEW SUGGESTIONS

Free circulation of cold air inside the cabinet is necessary for perfect refrigeration. Overcrowding of refrigerator shelves hinders good circulation.

Space in the refrigerator for the storage of perishables is valuable. Foods that do not require refrigerated storage should be stored elsewhere.

Bananas should be kept out of the refrigerator.

If ice trays stick to the chilling unit, use the ice tray lifter provided with the refrigerator.

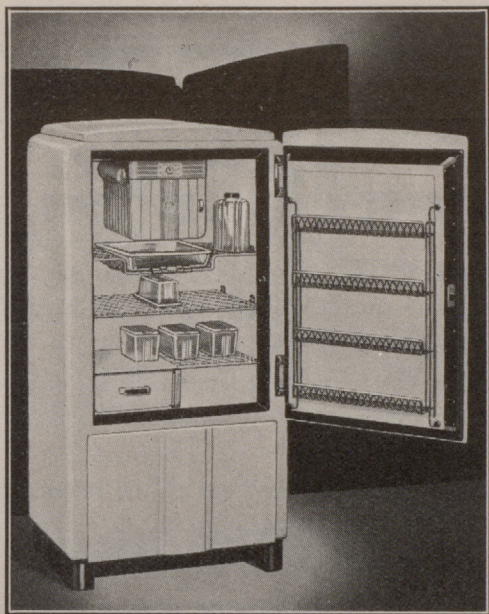
Boiling water should not be used for washing chiller trays.

Refrigerator doors should not be kept open any longer than necessary.

Hot foods with decided odors should be cooled before being placed in the refrigerator. Hot dishes when placed in the refrigerator cause greater current consumption and frequent necessity for defrosting.

THE CARE OF YOUR

General Electric Refrigerator



YOUR General Electric Refrigerator is always ready and willing to work for you. It has a constant low dry temperature to keep your food in perfect condition.

DEFROSTING

Frost forms on the chilling unit from moisture deposited by the air as it circulates throughout the refrigerator. The amount of frost formed will vary with the quantity of moisture in the air and upon how the refrigerator is used. The *Chilling Unit* should be defrosted as soon as one-quarter inch of frost accumulates

as a thick frost will interfere with perfect refrigeration.

THE DEFROSTING METHOD

Instructions for defrosting are given on the Instruction Card enclosed in the Refrigerator.

TEMPERATURE REGULATOR

The temperature regulator placed on the control panel may be turned to the coldest point to speed up your freezing of desserts or ices, but remember to turn the control back to normal position after three hours. The normal position of temperature regulator for preservation of food is 5.

FOOD CONTAINERS

Containers in which to store food in the refrigerator should be provided with covers. If you use bowls without lids, cover with plates of proper size. Liquid foods should be kept in covered jars, bottles or pitchers. And, of course, all utensils placed in the refrigerator should be perfectly clean.

THE CARE OF FOOD IN YOUR REFRIGERATOR

Your General Electric Refrigerator requires very little assistance from you in caring for your food supply. You need help in only two ways: By keeping it clean and arranging the food properly in its cold compartment.

MILK: Wash caps and bottles with cool water; place on upper shelf.

BUTTER: Keep in covered container of glass or porcelain.

CHEESE: Keep wrapped in waxed paper, in its original container or in a covered dish.

MEAT: Unwrap meat as soon as it comes from the market; scrape or wipe off any visible dirt and rewrap with waxed paper. *Never wash meat*, as it draws out the juices and hastens spoilage.

FISH: Remove any paper wrapping, wipe, cover with waxed paper and place in Chiller Tray. The fish odor is likely to be absorbed by other foods, so extra care should be taken with fish.

POULTRY: Whole or cut-up poultry should be thoroughly washed, inside and out, with cold water; drained and wiped with a clean cloth. Keep on bottom shelf of Cabinet.

EGGS: Keep in wire basket or open bowl to insure complete ventilation.

FRUITS: Fruit is kept in the refrigerator (1) to check ripening changes, and (2) to make it palatable and appetizing. Oranges are kept there for the latter purpose, while soft fruits such as berries, peaches and pears are refrigerated to prevent them from becoming over-ripe or moldy. They should be spread out on a platter or trays. Do not wash them until just before using. Firm fruits, such as apples, may be washed or wiped with a damp cloth. Never keep bananas in the refrigerator.

VEGETABLES: Wash and clean thoroughly all "greens"—lettuce, celery, spinach, etc.—before storing them away. The *Vegetable Crisper*, shown in refrigerator, will be found convenient. Cut off any uneatable portions that can be done away with, such as tops of carrots, trimmings of lettuce and unusable celery tops.

LEFT-OVERS: Transfer any unserved cooked food to clean, dry, covered containers, chill as quickly as possible; then place in Cabinet. Never put warm food into your refrigerator. Left-over foods made with eggs, fish or milk should be kept on upper shelves.

QUICK FROZEN FOODS: (meats, fruits, and vegetables sold in frozen condition) keep in Chiller.

HOW TO CLEAN YOUR REFRIGERATOR

The sanitary, seamless lining of the General Electric Refrigerator makes it easy to care for. About once a month remove food and wash shelves and lining walls with warm water in which a little borax has been dissolved. Wash the outside of the refrigerator with warm water and mild soap.

The New Art

OF PREPARING FOOD IN ADVANCE



It means much to the busy home manager to be able to use her time to advantage. A General Electric refrigerator and Hotpoint range permits the putting to use of those "odd moments" which occur in every household nearly every day. The constantly maintained low temperature of the G-E refrigerator cabinet makes possible the preparation of many foods even days in advance, and last minute confusion and rushing is avoided.

With the General Electric Hotpoint range cooking is scientifically controlled — there is no need to waste hours watching the oven. Your whole dinner, your cake or your pie will take care of itself. The General Electric self-starting timer permits you to cook an entire meal while you are miles away or visiting with friends. You merely place the complete meal in the oven at your convenience before leaving, set the

oven control, turn the switch, set the automatic timer and forget all about it until meal time.

Here are a few suggestions on what can be prepared in advance and kept perfectly in a General Electric refrigerator. Look over your menu the early part of the week and see what you will probably want that can be prepared ahead of time.

1. Make up salad dressings and put into jar.
2. Prepare lettuce, parsley, and other green vegetables in advance. Place in vegetable crisper or covered container.
3. Refrigerator rolls, the dough will keep for a week's time or more.
4. Mix biscuit, pastries, refrigerator cookies — cover with wax paper. Store in your refrigerator and use as needed. These foods will keep for several days.
5. Mix cake batters, pour into greased and floured cake tins. Cover



securely with waxed paper or tin-foil. Fasten with a rubber band. Or store cake in covered bowl. Cake batter will keep for several days.

6. Gelatin salads or desserts may be prepared in advance.



7. Make white sauce and keep in tightly covered containers. Use for cream soups, escalloped dishes, etc.

8. It is more convenient to make your sandwiches for parties a few hours ahead, arrange them on a tray or platter, cover with a cloth wrung out in cold water or place in vegetable crisper, cover and place in cabinet.

9. Prepare sandwich mixtures for the school lunch, place in jar and cover. Use as desired.

10. Prepare vegetable, potatoes, carrots, beans, etc., in the morning, store in the refrigerator cabinet until ready to cook.

11. Prepare custard base for ice creams, keep in screw top jar until ready to use.

12. Tomato or lemon aspic will keep for several days in your refrigerator.

COMPLETE MEALS

You don't need to miss the fun of your party by spending a lot of time in your kitchen. You can see how your general Electric Refrigerator prevents last minute rush of preparing meals; and in entertaining, how entire meals can be prepared in early morning, stored in your refrigerator then at lunch, place the foods to be cooked in the G-E oven and let your Timer take command of the last minute cooking duties.

The following menu is an illustration of how you can prepare foods in early morning — and how, when placed in the oven, the Timer does the rest for you. Items marked with * are left in refrigerator until serving time, those marked with ** are prepared in early morning and at luncheon are removed, placed in oven and the timer starts and stops the cooking operation and you are free to enjoy your guests until serving time.

DINNER MENU

Celery* Fruit Cocktail* Olives*
 Stuffed Shoulder of Veal**
 Steamed Potatoes** Green Peas**
 Apple Cobbler**



Economy in Food Buying

LARGER MARKET ORDERS WILL SAVE YOU MONEY

NO DOUBT you have noticed that at various times during the year, prices of certain fruits and vegetables are less if you buy them in larger quantities. For example, string beans at 15 cents a pound are often sold at 2 pounds for 25 cents; berries at 20 cents, two boxes for 35 cents, and so on. Your General Electric Refrigerator by preserving the extra supply at a low, even temperature they demand, makes it possible for you to buy in larger quantities and thus save money.

On special week-end sales, meats are often two or three cents cheaper per pound; you can practice similar economy. For example, your butcher will sell a rack of lamb, including the choice rib chops and shoulder chops, at a lower price per pound than if he sold each, separately.

Such savings, though small, amount to a considerable sum by the end of the year, especially if you take advantage of the many other food *bargains* that the dealers offer.

Watch the prices of butter per pound vs. per half pound. Notice the difference in price between a large and a small can of shortening, two pounds vs. a pound of cheese—and you will soon discover where many dollars have gone that you can now save.

SAVINGS ON CANNED GOODS: Your food money will go further by buying larger cans of food. For example a No. 2 can of pineapple may be pur-



chased for 17 cents, while a No. 2½ can of the same brand may be purchased for 21 cents. The cost of the extra 10 ounces is only 4 cents. The same is true of tomatoes or other canned foods. You may use half of it for Sunday dinner and the balance used later in the week.

SAVINGS ON CREAM AND MILK: Milk and cream often sell for less in larger bottles. This saving can be taken advantage of. Cream may be bought for the entire week, may be used for whipping due to the increase in the colloidal content or may be used for serving on puddings or berries.

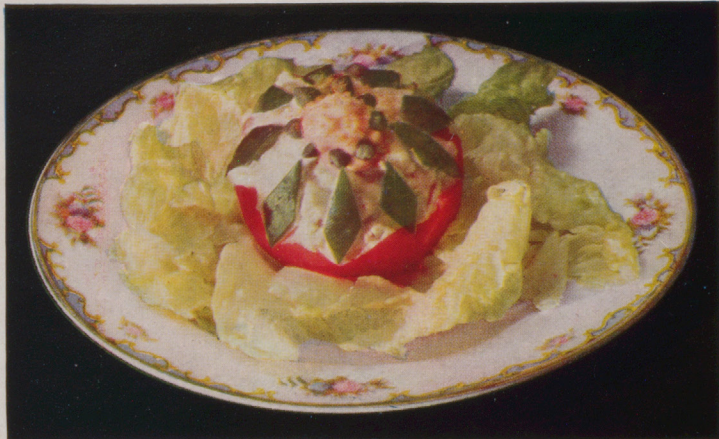
If you will do a little planning ahead and let your General Electric Refrigerator work for you, you will be able to cut your food cost considerably. By marketing less frequently, you will have more time and thought to give to your food buying.



Grapefruit and Orange Cocktail Recipe on Page 35.



Ham Supreme Recipe on Page 106.



Stuffed Tomato and Aspic Salad Recipe on Page 43.



Pineapple Mint Sherbet Recipe on Page 62.

The New Art

OF ENTERTAINING



"COME out to the kitchen" is the cheery invitation extended at most informal home gatherings today. The modern mode of living and entertaining demands a kitchen that is attractive and inviting.

You'll be proud to ask guests out to your General Electric Kitchen. It is the new Guest-Room in the home—colorful, spotlessly clean, cool and comfortable.

And it is just as efficient as it is attractive.

With General Electric modern refrigeration and automatic cookery, delightful luncheons and tasty beverages will take but *minutes* to prepare. And after serving, all the dishes, glasses and silverware are placed in the G-E Dishwasher, a snap of the magic control and in 5 minutes they are all washed and dried!

The New Art of entertaining permits you to spend the time *with your guests* instead of with kitchen duties.

The New Art

OF PLANNING MEALS

APPETITES know no holiday. They call for three meals a day, 1095 meals a year. But fortunately for you, your General Electric Refrigerator can lighten your task and help to make each meal a delightful event.

HOW TO PLAN YOUR MEALS

1. Serve simple meals. 2. Keep the season of the year in mind. 3. Think of the day's meals as a whole and plan so that no meal will have an excess of one type of food—such as rice, potatoes, etc. 4. Provide contrast of flavor, color and texture. 5. Serve a variety of foods. 6. Serve tart fruits, crisp appetizers and soups at the beginning of meal. 7. The last course should leave a pleasant after-taste. 8. And always remember to include in your day's menu the protective foods.

1. A QUART OF MILK A DAY—It is not nearly as difficult to plan for as it may sound, for besides drinking milk there are many other ways of getting it into your diet. Plan cream soups, escalloped or creamed dishes, custards, puddings, and the ever popular ice cream. The General Electric Refrigerator provides a dry, cold temperature which properly preserves this type of food.

2. ONE COOKED GREEN VEGETABLE—It may be the hot vegetable for dinner or a salad made from left-over greens such as spinach, kale, beet, etc.

3. ALSO ONE COOKED STARCHY VEGETABLE—These may be served as desired—as steamed fluffy rice,



potatoes or a dish prepared from left-overs.

4. THE UNCOOKED FRUIT OR VEGETABLE—It is well to plan two servings a day—may be the orange or grapefruit served at breakfast, or the salad for luncheon or dinner. If the breakfast fruit is cooked, include a raw fruit or crisp vegetable salad in your luncheon. Make the salad of crisp vegetable or fruit—garnish with parsley or peppers—all of which are kept fresh and attractive in the Vegetable Crisper of your General Electric Refrigerator. For a more hearty luncheon try a cooked vegetable or fish salad.

5. A MODERATE AMOUNT OF MEAT OR MEAT SUBSTITUTE—A delicious juicy roast cooked in the Hotpoint Range served hot for to-day's dinner. Plan a menu later in the week, serving the same type of meat in disguise—a meat pie or croquettes.

6. And energy foods such as breads, cereal, etc., to complete your meal.

... Some Suggested Menus

FAMILY MEALS

(For a Week)

SUNDAY

BREAKFAST

Chilled Grapefruit
Sausages or Scrambled Eggs
Coffee Waffles Milk

DINNER

(May be cooked as oven meal)
Tomato Juice Cocktail *
Roast Beef
Parsley Potatoes Carrots in Butter
Creamed Cauliflower Refrigerator Rolls *
Burnt Almond Ice Cream
Coffee

SUPPER

Vegetable Supper Salad *
Cheese Biscuit * Radish Roses
Vanilla Milk Shake Cup Cakes

MONDAY

BREAKFAST

Oranges
Wheatena with Top Milk
Toast Grape Jelly Coffee Milk

LUNCHEON

Vegetables en Casserole *
Tuna Fish Salad * Biscuit *
Refrigerator Cookies * Stewed Fruit
Tea Milk

DINNER

Cream of Carrot Soup
Meat Pie
Sauté Potatoes Buttered Peas
Hearts of Lettuce, with Russian Dressing
Orange and Lemon Sherbet
Coffee

TUESDAY

BREAKFAST

Grapes French Omelet
Muffins Coffee Milk

LUNCHEON

Grilled Roast Pork with Pineapple *
Browned Potatoes Buttered Onions
Hard Rolls Baked Custard Coffee

DINNER

Hawaiian Cocktail * Salmon Soufflé
Creamed Cabbage Hard Rolls
Tomato Sandwich Salad *
Charlotte Russe Coffee

* Recipes will be found in recipe sections.

Some Suggested Menus . . .

WEDNESDAY

BREAKFAST

Chilled Orange Juice
Crisp Cereal with Top Milk
Bacon Waffles Coffee Milk

LUNCHEON

Cheese Fondue*
Baking Powder Biscuit*
Macedoine Salad

Tea

Milk

DINNER

Grapefruit and Orange Cocktail
Ham Supreme* Sauté Corn
Sweet Potato Croquettes*
Endive Salad
Pineapple Sherbet Refrigerator Cookies
Coffee

THURSDAY

BREAKFAST

Stewed Prunes
Oatmeal with Top Milk
Toast Coffee Marmalade

LUNCHEON

Spinach and Egg en Casserole
Deville Ham Sandwiches
Cole-Slaw*

Tea

Milk

DINNER

Grapefruit and Orange Cocktail*
Baked Macaroni and Ham*
Tomato Jelly Salad* String Beans
Chocolate Ice Cream* Coffee

FRIDAY

BREAKFAST

Stewed Apricots Cereal with Top Milk
French Toast (Maple Syrup) Coffee Milk

LUNCHEON

Cheese Fritters with Tomato Sauce
Molded Spinach Salad
Baking Powder Biscuit*
Chocolate Blanc Mange

Tea

Milk

DINNER

(Cook as oven meal)
Vegetable Consommé
Baked Trout Lemon Sauce
Baked Potatoes Stuffed Tomatoes
Peach Nut Pie*
Refrigerator Rolls* Coffee

SATURDAY

BREAKFAST

Bananas
Creamed Dried Beef Muffins Coffee Milk

LUNCHEON

Surprise Loaf*
Sliced Tomatoes Biscuit*
Spanish Cream* Cocoa

DINNER

Cream of Corn Soup*
Chartreuse of Meat and Rice with
Tomato Sauce*
Lima Beans
Supper Salad in Individual Molds*
Caramel Ice Cream Coffee

* Recipes will be found in recipe sections.

... Some Suggested Menus

GUEST MEALS

BREAKFAST

Chilled Grapefruit	Crisp Bacon	Chilled Tomato Juice	
Individual Omelets		Crisp Cereal	Top Milk
Quick Coffee Cake*		Scrambled Eggs with Grilled	
Coffee	Milk	Bacon	
		Whole Wheat Toast	Coffee

LUNCHEONS

Jellied Tomato Bouillon*		Surprise Cocktail*	
Toast Rings	Celery Trunks*	Ham Mousse*	Asparagus, Butter Sauce
Lamb Croquettes*	Buttered Peas		Stuffed Olives
Lemon Cream Sherbet*		Vanilla Ice Cream Sandwiches	
Refrigerator Rolls*	Coffee	Baking Powder Biscuit*	Tea or Coffee

DINNERS

Tomato Juice Cocktail*		Consommé*	
Cheese Sticks	Celery	Stuffed Celery	Sweet Pickles
Roast Duck—Currant Jelly		Fillet of Beef—Sauté Mushrooms	
Glacé Sweet Potatoes	Creamed Peas	Potatoes on the Half Shell	
Hearts of Lettuce—French Dressing*		Creamed Cauliflower	
Coffee Caramel Ice Cream*		Tomato Sandwich Salad*	
Individual Cakes		Biscuit Tortoni*	Crisp Cookies
Refrigerator Rolls*	Coffee		Coffee

MEALS FOR WEEK END

SATURDAY LUNCH

Cream of Pea Soup*	
Molded Tuna Fish Salad*	
Baking Powder Biscuit*	Radish Roses
Pineapple Delight*	Refrigerator Cookies*
Hot or Iced Tea	

SATURDAY DINNER

Shrimp Cocktail*	
Broiled Steak	
Potato Soufflé	Scalloped Tomatoes
Hard Rolls	Pickles
Ginger Ale Fruit Salad*	
Maple Parfait*	Macaroons
	Coffee

SUNDAY BREAKFAST

Chilled Grapefruit	
Waffles	Bacon Maple Syrup
	Coffee or Milk

SUNDAY DINNER

(Cook as Oven Meal)

Cherry and Pineapple Cocktail*	
Roast Chicken	Savory Dressing*
New Potatoes, Parsley Butter	
Tomato Celery Salad*	Green Beans
Muffins*	Crisp Crackers
Pears Baked in Ginger Syrup*	
	Coffee

* Recipes will be found in recipe sections.

Some Suggested Menus . . .

SUNDAY SUPPER

Cheese Strata*
Pickles and Olives Refrigerator Rolls*
24-Hour Salad*
Tea or Coffee (Hot or Iced)

MONDAY BREAKFAST

Chilled Orange Juice
Scrambled Eggs
Whole Wheat Muffins Raspberry Preserves
Coffee or Cocoa

THANKSGIVING DINNER

Shrimp Cocktail*	Roast Turkey
Mashed Potatoes	Chestnut Stuffing
Carrots in Butter	Cranberry Jelly
Saltines	Tomato Jelly Salad*
Nuts	Mince Tarts with Vanilla Ice Cream
	Fruit
	Mints
	Coffee

CHRISTMAS DINNER

Roast Goose	Grapefruit and Orange Cocktail*	Sweet Potatoes, Southern Style
Spinach and Egg	Apple Sauce	Ripe Olives
	Stuffed Celery Salad	Refrigerator Rolls*
	Plum Pudding	Hard Sauce
Assorted Salted Nuts		Hard Candies
	Coffee	

BRIDGE LUNCHEONS

(1)	(2)
Molded Chicken Salad*	Frozen Fruit Salad*
Cheese Rings and Straws	Hot Buttered Scones
Celery Curls*	Stuffed Celery*
Chocolate Surprise Cake*	Ginger Ale Float
Salted Nuts	Assorted Wafers
Mints	Hard Candies
Coffee	

INFORMAL TEA

Chopped Olive Sandwiches	Decorated Refrigerator Cookies*
Anchovy Paste Sandwiches	Bon-Bons
Assorted Pastries*	Salted Nuts
	Crystallized Ginger
	Hot Tea
	Iced Tea

FORMAL TEA

Assorted Canapes	Biscuit Tortoni*
Pimento Sandwiches	
Individual Frosted Cakes	
Salted Nuts	Bon-Bons
Tea and Coffee	Mints
Lemon	Fruit Punch
Crystallized Ginger	Fruit Drops

* Recipes will be found in recipe sections.

... Some Suggested Menus

AFTER THEATRE SUPPERS

(1)
Stuffed Eggs in Gelatin*
Tiny Baking Powder Biscuit*
Ice Cream Sandwich
Coffee

(2)
Scalloped Oysters
Pickles and Olives Surprise Loaf*
Coffee

SUNDAY NIGHT SUPPERS

(1)
Russian Canapes*
Stuffed Tomatoes in Aspic*
Celery Hearts Cheese Biscuit*
Caramel Ice Cream*
Tea

(2)
Salmon Soufflé
Individual Supper Salad*
Scones Olives
Pineapple Mint Sherbet
Coffee

CHILDREN'S PARTIES

(1)
Minced Chicken Sandwiches (cut in shape
of chicken)
Date and Marshmallow Sandwiches on
Nut Bread
Chocolate Milk Shake*
Vanilla Ice Cream* Sponge Cup Cakes
Mints

(2)
Fruit Bouquet in Orange Baskets
Decorated Refrigerator Cookies*
Hard Candies Lemonade*
Vanilla Mousse in Paper Cups
Birthday Cake

BIRTHDAY DINNER

Melon Ball Cocktail*
Baked Capon
Creamed Onions Molded Spinach Celery Curls* Radish Roses
Bread and Butter Sandwiches (hatchet shape)
Cheery Pie* Candy Hatchets and Cherries
Coffee

VALENTINE LUNCHEON

Jellied Tomato Bouillon*
Celery Hearts Bread Sticks Creamed Shrimps in Timbale Cases
Julien Potatoes Baking Powder Biscuit*
Valentine Salad (sliced beets cut in heart shapes)
Heart Molds of Strawberry Bavarian Cream*
Heart Shaped Candies Fancy Cakes Coffee Salted Nuts

* Recipes will be found in recipe sections.

Some Suggested Menus . . .

ST. PATRICK'S LUNCHEON

Grapefruit and Orange Cocktail * with Green Mint Cherries
Planked Fish with Potato Rosettes
Shamrock Rolls
Pineapple and Cucumber Salad *
Pistachio Ice Cream
Individual Frosted Cakes
Coffee
Brussels Sprouts

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BRIDAL-SHOWER LUNCHEON

Jellied Consommé *
Creamed Chicken in Patty Shells
Peas in Potato Nests
Tomato Jelly Salad * in Heart Molds
Decorated Vanilla Mousse in Paper Cases
Macaroons
Coffee
Salted Almonds
Toast Rings
Orange Biscuit

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HALLOWE'EN SUPPER

Scalloped Oysters
Snappy Cheese and Jelly Sandwiches
Pumpkin Tarts
Coffee
Tomato Celery Salad *
Candied Apples on Sticks
Pickles

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PICNIC LUNCH

Chopped Chicken, Ham and Pickle Sandwiches *
Snappy Cheese Sandwiches *
Dressed Eggs
Chocolate Cup Cakes
Lemonade *
Sweet Pickles
Olives

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CHILD'S SCHOOL LUNCH

Peanut Butter and Honey Sandwich
Milk or Milk Drink
Lettuce Sandwich
Apple

** Recipes will be found in recipe sections.*

Refrigerator Recipes

FOOD, to be thoroughly enjoyed, must have an eye appeal as well as an appetite appeal—that is, it must look good as well as taste good. Your General Electric Refrigerator can play a big part in helping you add to the attractiveness and to the variety of your meal.

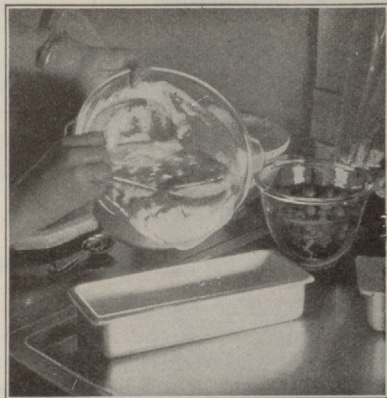
If a part of one shelf in your refrigerator is reserved for “emergency corner” it will be space well spent. Keep it stocked with a supply of little luxuries, and you can transform a family meal into a gala affair in no time. When the unexpected guests or expected guests arrive, it will prove its worth in more ways than one. And what a treat for the late midnight feast or for a delightful Sunday night supper for your family.

Desserts can be made most attractive and nutritious without costing much. Odds and ends of fruits, a little custard, some whipped cream may be made into delicious and economical desserts.

Frozen desserts, too, are inexpensive, delicious ice creams, parfaits and sherbets are easily prepared in your General Electric Refrigerator.

Salads frozen, jellied or crisp colorful salads are more delicious when served thoroughly chilled.

The constant low-temperature assures you of a delicious appetizing main dish, salad or dessert. In the following chapters many recipes and suggestions are given. These recipes have been tested in the General Electric Kitchen Institute.



Throughout this book you will find that we refer to (1) chilling unit, (2) chiller tray, (3) refrigerator cabinet and (4) vegetable crisper. These are features of the General Electric Refrigerator and are used as follows:

(1) **CHILLING UNIT:** provides a quick freezing temperature for making ice cubes, freezing desserts, etc. The intensity of its cold may be regulated by the temperature regulator.

(2) **THE CHILLER TRAY:** provides an extra cold temperature for storage of ice cubes, frozen foods and for quick congealing of desserts.

(3) **THE CABINET:** with its sliding shelves provides space for keeping food safe, fresh and wholesome. It provides a constant low temperature—always below 50°.

(4) **THE VEGETABLE CRISPER:** provides a moist cold atmosphere for storage of fresh green vegetables and fruits.

Appetizers . . .

OUR appetites are often temperamental affairs, requiring coaxing and an occasional bribe. The bribe may be in the form of a bright-colored radish, its skin cut into petals like a rose, or it may be a crisp stalk of celery, plain or stuffed with a piquant cheese—but it must be fresh, crisp and attractively served.

The *chiller* of your General Electric Refrigerator is the ideal place for chilling and freshening relishes.



STUFFED CELERY

Celery
1 cake (3 oz.) cream
cheese

$\frac{1}{4}$ tsp. salt
Mayonnaise
 $\frac{1}{8}$ tsp. pepper

$\frac{1}{8}$ tsp. paprika
2 or 3 drops Worcester-
shire sauce

1. Wash celery, separate and use tender inner stalks. Place in *cabinet* or *chiller* to become very cold. 2. Mash cheese with fork, add salt, pepper, paprika, Worcestershire sauce and enough mayonnaise to make of spreading consistency. 3. Fill celery stalks with this mixture, sprinkle with paprika if color is desired. Arrange on platter and chill thoroughly before serving.

ROQUEFORT STUFFING FOR CELERY

Mash the Roquefort cheese with a fork, add mayonnaise, salt and Worcestershire sauce to taste. Mix together until smooth and creamy.

CELERY CURLS

Cut stalks of celery into three- or four-inch pieces. With a sharp knife make five or six incisions down the stalk, stopping within $1\frac{1}{2}$ inches of the end. Drop the pieces into cold water and place in refrigerator *cabinet* for several hours. The split ends will curl back along the stalks, making an attractive garnish for salads and "cold plates". To hasten curling place in *chiller*.

CELERY TRUNKS

Take two matching pieces of curled celery and fill the cavities with any filling used for Stuffed Celery. Press the two stalks together and stand up right to resemble trunks of trees.

... *Appetizers*

TOMATO SUPREME

6 very small tomatoes
1/2 cake cream cheese
2 tbsp. cream

1 tbsp. Chili sauce
1 tbsp. catsup
1/2 tsp. paprika

Salt
Pepper

1. Scald tomatoes, remove skin and centers, sprinkle inside of tomato with salt and chill in *chiller*. 2. Mix cheese, cream, Chili sauce, catsup, paprika, salt and pepper together into a thick, smooth cream. 3. Fill tomatoes with this mixture and return to cabinet until ready to serve. 4. Top with mayonnaise dressing. 5. Serve on small lettuce leaf or shredded lettuce and serve as first course at luncheon or dinner.

BACON AND SARDINE CANAPES

8 thin slices bacon
Lemon juice

Mustard
Paprika

8 sardines
Buttered toast

1. Spread bacon with mustard, then roll each slice around a sardine previously seasoned with lemon juice and paprika. 2. Skewer or tie—bake in hot oven until bacon is crisp—about 7 minutes. 3. Serve on buttered toast—serves eight.

LUNCHEON CANAPE

1 tbsp. finely minced chives
3 hard-cooked eggs
Few grains cayenne pepper

3 tbsp. melted butter
Mayonnaise
Parsley

Tomato catsup
6 circular pieces of bread
Anchovy paste

1. Cut eggs in halves lengthwise and remove the yolks. Press yolks through potato ricer or mash with a fork. Add cayenne, chives and butter. 2. Moisten with equal parts of mayonnaise and catsup. Fill whites with this mixture. 3. Chill thoroughly. 4. Sauté pieces of bread in butter and spread thinly with anchovy paste. 5. Place on small plates, and on each piece of toast place one-half of a stuffed egg. Sprinkle with paprika and garnish with parsley.

STUFFED EGGS IN GELATIN MAYONNAISE

1 tsp. gelatin
1 tbsp. cold water
1 c. mayonnaise dressing

1/8 tsp. salt
6 hard-cooked eggs
2 tbsp. chopped cold ham

1 tsp. pickle relish
Rings of stuffed olives

1. Soak gelatin in water five minutes, dissolve over boiling water and mix with mayonnaise dressing. Cut eggs in halves lengthwise and remove the yolks. 2. Mash the yolks, mix with the ham, pickle and salt, and with enough plain mayonnaise dressing to moisten. Fill egg whites with this mixture. 3. Cover top of each egg smoothly with the dressing. Garnish with rings of stuffed olives. 4. Chill thoroughly. Place on a bed of crisp lettuce leaves and serve with asparagus tips. (This makes an attractive dish for light luncheon or supper.)

Appetizers . . .

RUSSIAN CANAPE

1 jar caviar
Rounds of bread

Lettuce
Anchovy butter

1. Spread rounds of bread with anchovy butter (well-creamed butter to which a small amount of anchovy paste has been added), and put a spoonful of thoroughly chilled caviar in the center of each round. 2. Garnish with anchovy butter or cream cheese put through a pastry tube. 3. Place in refrigerator until ready to serve. This may be served on a lettuce leaf or with a garnish of shredded lettuce or watercress.

TOMATOES PARISIENNE

6 firm tomatoes
 $\frac{1}{4}$ pound cream cheese

$\frac{1}{2}$ cup blanched almonds

$\frac{1}{4}$ cup mayonnaise
2 tablespoons cream

Scald and peel tomatoes and chill thoroughly. Make four incisions from the stem end to the bottom. Pull back the cut sections to form petals. Arrange tomatoes on crisp lettuce leaves. Mix the cream cheese and mayonnaise to form a thick smooth mixture. If too thick, thin with cream and pile in the center of the tomato. If this is done with a pastry bag a very attractive effect is obtained. Put three or four almonds on top of each salad. Chill thoroughly and serve with French dressing.

CANAPE COMBINATION SUGGESTIONS

1. Cream cheese, with onion, served on crackers.
2. Caviar and cream cheese, combined and served on crackers.
3. American cheese, creamed with broken nut meats, spread on bread and toasted.
4. Small new onions rolled in bread spread with mayonnaise.
5. Pork sausages broiled, with salted almonds at each end, served as garnish to canape platter.
6. Roquefort cheese, creamed with butter, spread on bread, rolled and toasted.
7. Potato chips spread with anchovy paste.
8. Sardines creamed with mayonnaise, grated onion and lemon juice served on melba toast.
9. Equal parts of tongue, calf's brain and cooked spinach. Grind fine, season and moisten with mayonnaise. Spread on Rye Krispies.
10. Ground chicken and almonds, season with new onions and moisten with mayonnaise. Spread on melba toast strips.
11. Creamed American Cheese spread on bread rolled with strip of bacon—toasted.
12. Small circles of white bread with chopped watercress and slice of cucumber. (See illustration—page 37.)

... *Beverages*

A SMALL space in your General Electric Refrigerator will hold all the essentials for a refreshing drink—a bottle of sugar syrup, some fruit, coffee or chocolate syrup, ginger ale and a bottle of grape juice. With these and the ever ready supply of sparkling ice cubes which your refrigerator provides, you can do wonders. Colored ice cubes add interest to plain lemonade. They are made by adding a little pure food coloring to water before filling trays. Freeze water to which lemon juice has been added to serve in iced tea. Allow a quarter cup lemon juice to two cups water. Freeze ginger ale in the freezing tray and serve one or two cubes in any fruit beverage. It



is particularly good in grape juice. Pour pure grape juice into a tray without the partitions and freeze to a mush. A spoonful of this added to lemonade is both colorful and delicious.

SUGAR SYRUP

1 cup sugar

1 cup water

Put sugar and water in saucepan and stir until sugar is dissolved. Bring to boil, and boil without stirring for about five minutes. Cool. Pour into covered jar and keep in refrigerator cabinet, using as needed.

COFFEE SYRUP

Follow directions for sugar syrup, using strong coffee instead of water, and boiling for ten minutes instead of five minutes.

LEMONADE

6 cups water

Sugar syrup

Juice of 4 lemons

Mix water and lemon juice. Add sugar syrup to taste. Serve with colored ice cubes or serve a spoonful of grape juice that has been frozen to a mush in each glass. (See illustration—page 38.)

Beverages . . .

PINEAPPLE RASPBERRYADE

1 cup water
1 cup canned crushed
pineapple

1 cup canned raspberry
juice
Juice of 1 lemon

Mix all ingredients together and keep in refrigerator until ready to serve. Serve in tall glasses with ginger ale cubes and fresh mint leaves. (See illustration—page 37.)

FROSTED COFFEE

2 tbsp. coffee syrup

1 cup milk

Vanilla ice cream

Put syrup, milk, and a heaping tablespoon of ice cream into shaker, or tightly covered jar, and shake well. Pour into tall glass and serve more ice cream on top, if desired. (Use one tablespoon syrup if a less sweet drink is preferred.) (See illustration—page 38.)

EGG-NOG

1 egg
 $\frac{3}{4}$ cup milk

1 tablespoon Sherry
flavoring

1 teaspoon sugar
1 pinch salt

Beat the egg yolk until thick and lemon colored; add sugar, salt and flavoring. Add milk and shake well. Fold in egg white which has been beaten light but not stiff. Pour into glasses and sprinkle lightly with nutmeg.

CHOCOLATE MILK SHAKE

2 tablespoons chocolate
syrup

1 tablespoon vanilla or
chocolate ice cream

1 cup milk

Shake together until thoroughly mixed and frothy.

Removing Ice Cubes



Climaxing considerable research, the new General Electric Ice Cube Tray, together with its cube lifting tool provides the utmost in ease of operation and maximum convenience. Its most unique feature is that it permits the removal of 2, 4, or a dozen cubes at will, thereby eliminating the waste and annoyance usually experienced by old fashioned methods.

To remove ice cubes from the new G.E. "Quick Tray", insert lifter under hook of the first cross-grid member at the sloping end of the tray and gently pry it loose. This releases the first two cubes and if more are required, repeat this operation at each cross member.

... Cocktails



NOTHING is more tempting to the eye and appetite as one sits down to lunch or dinner, than a cocktail of fresh fruit, highly seasoned clam or tomato juice, or shell-fish served with a snappy sauce. But the secret of serving perfect cocktails lies in serving them very cold. Keep cocktails in the chiller until ready to serve.

GRAPEFRUIT AND ORANGE COCKTAIL

Grapefruit

Oranges

Powdered sugar

1. Pare the fruit as you would an apple, cutting through the white inner skin. With a sharp knife cut around each section and remove the whole sections free from any skin. 2. Sprinkle with powdered sugar and chill. 3. Serve in cocktail glasses or arrange six sections on glass plate daisy fashion. 4. Garnish with minted cherries or Emerolettes if desired. (See illustration—page 19.)

MELON BALL COCKTAIL

Melon balls

Mint leaves

Lime or lemon juice

1. With a French vegetable cutter scoop out balls from watermelon, cantaloupe, honeydew, cassaba or any melon in season. 2. Arrange in cocktail glasses or melon shells (two melons will make 12 shells). 3. Squeeze over them the juice of fresh lime or lemon. 4. Chill thoroughly. Garnish each glass with sprig of mint or gaylax leaf. (See illustration Page 47.)

HAWAIIAN COCKTAIL

Sliced pineapple
Oranges

Powdered sugar
Grapes

1. On a small glass plate lay a slice of pineapple. 2. On top of this lay sections of orange, placing them so that they resemble petals of a flower. 3. Fill centers with seeded grapes. 4. Sprinkle with powdered sugar and chill thoroughly.

TOMATO-CELERY COCKTAIL

Slice fresh tomatoes in $\frac{1}{2}$ inch slices, marinate in French dressing. Serve on crisp lettuce with minced celery and olives combined.

Cocktails . . .

CHERRY AND PINEAPPLE COCKTAIL

2 cups large sweet cherries, fresh or canned
1 cup pineapple, cut in wedge-shape pieces

$\frac{1}{2}$ cup pineapple juice
Juice $\frac{1}{2}$ lemon or lime

1. Pit cherries and combine with the pineapple. 2. Pour over these the pineapple and lemon juice and chill thoroughly. 3. Sprinkle with minted sugar and serve. (To make minted sugar, mash finely chopped mint leaves with granulated sugar.)

SURPRISE COCKTAIL

Fruit sherbet
2 oranges

$\frac{1}{2}$ cup fruit juice

2 slices pineapple
1 banana

1. Pare oranges with a sharp knife, removing all white inner skin. Separate sections, discarding partitions. 2. Slice banana and cut pineapple in small pieces. 3. Combine fruits and pour fruit juice over all. (The fruit juice will prevent banana from discoloring.) 4. Cover and chill thoroughly. Have ready in tray of chilling unit some frozen sherbet—any desired flavor may be used. 5. When ready to serve place a spoonful of sherbet in bottom of sherbet glass and fill glass with chilled fruit. A variety of delicious fruit and sherbet combinations may be arranged when fresh fruits are in season.

CLAM JUICE COCKTAIL

3 cups clam liquor
1 stalk celery
1 teaspoon grated onion

Salt
2 tablespoons catsup

2 or 3 drops Tabasco
sauce
Lemon juice

1. Add celery cut in pieces, onion and catsup to clam juice. 2. Bring slowly to boiling point. 3. Remove from heat and cool. Strain. Add Tabasco and lemon juice, salt and pepper to taste. 4. Chill thoroughly in refrigerator and when ready to serve pour into orange juice glasses.

TOMATO JUICE COCKTAIL

4 cups tomatoes (fresh
or canned)
1 cup water
Celery tops
1 teaspoon salt

$\frac{1}{4}$ teaspoon Worcester-
shire sauce
2 teaspoons lemon juice

$\frac{1}{8}$ teaspoon pepper
1 tablespoon sugar
4 or 5 cloves
5 or 6 drops Tabasco
sauce

1. Combine all ingredients except the lemon juice and boil slowly for 20 minutes. 2. Press through a sieve, forcing through as much pulp as possible. 3. Add lemon juice and chill thoroughly. 4. Serve very cold. 5. This may be kept in screw-top jar in the cabinet of your refrigerator for several days.

FRESH FRUIT COCKTAIL

1 cup white grapes
1 cup plums

1 cup honey dew melon
Sugar and lemon juice to season

1. Cut fruit into uniform pieces, sweeten slightly and add lemon juice. Chill. 2. Serve ice cold—in cocktail glasses.



Canape and Relish Recipes on Pages 30-31-32.



Pineapple Raspberryade Recipe on Page 34.



Frosted Coffee with Vanilla Ice Cream Recipe on Page 34.



Lemonade arranged on tray for porch service Recipe on Page 33.

... *Cocktails*

RED RASPBERRY COCKTAIL

2 cups red raspberries
Juice of 1 lime

Mint leaves

4 tablespoons granulated
sugar

1. Pour lime juice over raspberries and chill. 2. Chop mint fine and mix with the granulated sugar. 3. Sprinkle this over the raspberries and serve in cocktail glasses with a sprig of mint as garnish.

COCKTAIL SAUCE

To serve oyster, clam, shrimp, crabmeat or lobster cocktail, have ready in the refrigerator a supply of well chilled Cocktail Sauce made as follows:

$\frac{1}{2}$ cup catsup or Chili
sauce

Few drops Tabasco

2 teaspoons Worcester-
shire sauce

3 tablespoons lemon juice

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup finely chopped
celery

Horseradish to taste

Mix all ingredients together and keep in screw-top jar.

SHRIMP COCKTAIL

If fresh shrimps are used, cook in boiling water for fifteen minutes, or until shrimps are red. Cool and remove shells. With a sharp knife cut out black line through center of back. Chill thoroughly. When ready to serve, arrange in sherbet or double cocktail glasses with a piece of lemon and with small cups of Cocktail Sauce in center of glasses. Or if this arrangement is not convenient, pour two tablespoons of the sauce over the shrimps. When using canned shrimps, drain off liquid in can, remove black line and proceed as for fresh shrimps. (See illustration—page 47.)

CRABMEAT COCKTAIL

Pick over crabmeat carefully to remove any particles of shell. Chill thoroughly and serve with Cocktail Sauce.

LOBSTER COCKTAIL

Use freshly cooked or canned lobster. Chill and serve with Cocktail Sauce mixed with half as much mayonnaise dressing.

OYSTER OR CLAM COCKTAIL

Pick over oysters or clams to remove any particles of shell. Chill thoroughly and serve with Cocktail Sauce.

When oysters and clams can be bought on the half shell, arrange them on a bed of chopped ice cubes with a small glass cup in the center of the plate for the Cocktail Sauce. (A soup plate may be used for this purpose, and if glasses are not available for the sauce small paper cups may be used.)

Soups . . .

Most soups have a foundation of broth or a cream sauce. The broth foundation is made of beef, veal, chicken, or vegetable. One of the secrets of a good broth is to first purchase a soup bone and have the butcher chop the bone in several places. Place in cold water and allow to cook very slowly for several hours, keeping the kettle tightly closed. The Hotpoint Thrift Cooker is ideal for making broth. The slow evenly regulated heat develops a rich smooth flavor—the secret of a good broth.

If you are finding it difficult to follow the "quart of milk a day" schedule, you will be glad to know how easy it is to serve cream soups now that you have a General Electric Refrigerator. You can make up a



double quantity of the Foundation White Sauce or your favorite broth and keep in a quart jar tightly covered for several days. Then when there are some vegetables left from dinner, cook them as directed in the recipes for cream soups or consommés in the following recipes.

CLAM BISQUE

1 pint clams	1 tablespoon minced onion	$\frac{1}{4}$ teaspoon paprika
$\frac{1}{2}$ cup cold water	2 cups foundation white sauce	1 teaspoon Worcestershire sauce

1. Drain liquid from clams reserving liquid. Pick over clams. Remove any particle of shell. Cut clams in several pieces. 2. Place liquid, chopped clams, water and seasoning in saucepan. Bring to boiling point and cook 20 minutes on LOW. Strain. 3. Add to Foundation White Sauce and add 1 egg yolk, beaten slightly. 4. Serve hot with toasted croutons.

VEGETABLE SOUP

1 soup bone	$\frac{1}{2}$ teaspoon pepper	6 cups water
1 cup diced celery	1 cup tomatoes	1 tablespoon salt
1 cup shredded carrots	$\frac{1}{2}$ cup shredded pimento	$\frac{1}{2}$ tablespoon thyme
1 cup green peas	pepper	Vermicelli or macaroni rings

1. Prepare vegetables. Place in Thrift Cooker kettle with soup bone. (Remove rack.) 2. Add seasoning and water. 3. Cover. Cook on LOW heat 8 to 10 hours. May be cooked over night. 4. The last hour remove soup bone, add vermicelli and cook 20 minutes. 5. Serve chilled or hot. (See illustration—page 48.)

FOUNDATION WHITE SAUCE FOR SOUPS

3 tablespoons butter
4 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
2 cups scalded milk

1. Melt butter, add flour, salt and pepper. Mix to a smooth paste. 2. Add scalded milk, stirring and cook on LOW heat until thick. 3. Use immediately or cool, place in covered jar and place in refrigerator cabinet for future use.

CREAM SOUP VARIATIONS

1. CREAM of SPINACH—Add to the Foundation White Sauce $1\frac{1}{2}$ cups spinach puree and $\frac{1}{2}$ tsp. sugar. Season to taste. Serve very hot with croutons.

2. CREAM of CORN—Add 2 cups cooked corn seasoned with thinly sliced onion. Serve hot with popped corn, dash of paprika and strips of pimento on top.

3. CREAM of TOMATO—Add $2\frac{1}{2}$ cups of tomato puree, pinch of soda and 1 tsp. of grated onion. Serve hot and top with whipped cream if desired.

4. CREAM of PEA—Add $2\frac{1}{2}$ cups of pea puree, 1 tsp. grated onion. Serve hot with dash of paprika on top.

5. CREAM of MUSHROOM—Simmer $\frac{1}{4}$ lb. of mushrooms sliced thin in 2 tbsp. butter. Add $\frac{1}{2}$ cup of water and cook slowly for 10 minutes. Add this to 2 cups of Foundation White Sauce and serve hot with toasted crackers.

JELLIED TOMATO BOUILLON

1 quart tomatoes
1 tablespoon chopped onion
1 teaspoon salt
4 whole cloves
1 bay leaf
 $\frac{1}{2}$ cup celery
Pepper
2 tablespoons gelatin
 $\frac{1}{2}$ cup cold water

1. Cook tomatoes and seasoning together 20 minutes. Strain. 2. Soak gelatin in cold water and dissolve in hot tomato mixture. Cool. 3. Pour into shallow pan and place in cabinet or chiller tray to congeal. 4. Serve in chilled bouillon cups, cubed or broken lightly with fork. Garnish with sprig of parsley. (See illustration—page 48.)

CLEAR CONSOMME

1 chicken carcass
1 soup bone (beef or veal)
 $\frac{1}{2}$ teaspoon thyme
 $\frac{1}{4}$ cup onion
3 whole cloves
 $\frac{1}{2}$ cup celery
1 tablespoon parsley
 $\frac{1}{2}$ teaspoon pepper
 $2\frac{1}{2}$ quarts water
 $\frac{1}{2}$ cup carrots

1. Have butcher break the soup bone. Wash thoroughly and place in large sauce pan or Thrift Cooker kettle. Add chicken carcass. 2. Add cut up vegetables and seasoning. Add cold water. 3. Cook over LOW heat 4 to 6 hours. Strain through cheese cloth. Cool. 4. May serve immediately or place in refrigerator in covered jar for future use.

Variations: 1. JELLIED CONSOMME—Add $2\frac{1}{2}$ teaspoons of plain gelatin soaked in 2 tablespoons cold water to 1 pint of consommé.

2. VEGETABLE CONSOMME—Add to consommé recipe 1 cup of shredded carrots, 1 cup shredded celery and 1 cup green peas. Cook for 30 minutes after adding vegetables.

Salads . . .

THE first essentials of a good salad are that the ingredients be fresh, crisp and cold.

When lettuce or other salad greens come from the market, wash them in cold water, remove outside leaves and place in covered bowl or in Vegetable Crisper (see page 15).

With a supply of salad greens, a jar of dressing and some tomato or lemon aspic in your refrigerator you will be able to prepare a great variety of delicious salads on short notice. Keep prepared salads in the Chiller until ready to serve.



TOMATO ASPIC

2 tablespoons gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup boiling water
4 cups tomatoes, fresh
or canned

1 tablespoon chopped
onion

$\frac{1}{2}$ teaspoon celery seed
2 or 3 whole cloves
1 teaspoon salt
1 teaspoon sugar
2 teaspoons lemon juice

1. Soak the gelatin in cold water and dissolve in boiling water. 2. Cook the tomatoes, onions, celery seed, cloves, salt and sugar for fifteen minutes. 3. Strain through fine strainer or cheese-cloth; add lemon juice and dissolved gelatin. 4. This may be molded at once or it may be kept in covered jar in refrigerator cabinet until needed. Makes about 3 cups aspic. To use, take out what is wanted and melt over hot water. Suggestions for several variations follow.

TOMATO CHEESE SALAD

Fill individual molds $\frac{1}{3}$ full of Tomato Aspic. Place in cabinet to become partly set. Soften cream cheese with a little cream and season with salt and pepper. Form into balls and roll in chopped nuts. Place a cheese ball in each mold, and add a tablespoon of cold liquid aspic. When set, cover balls entirely with the aspic and return to chiller. Unmold on lettuce and serve with desired dressing.

TOMATO JELLY SALAD

Fill individual molds which have been dipped in cold water with Tomato Aspic. Chill until firm. Unmold on crisp lettuce and serve with mayonnaise dressing.

TOMATO SANDWICH SALAD

Fill shallow loaf pan $\frac{1}{3}$ full of Tomato Aspic. Place in Chiller. Soak one teaspoon gelatin in two tablespoons cold water and dissolve over boiling water. Add to one cup mayonnaise and mix well. Spread this over firm layer of tomato in the pan. Again place in Chiller. When this has set, cover with another layer of Tomato Aspic and place in cabinet until ready to serve. Unmold on salad or chop plate and surround with small heart leaves of lettuce. Slice or cut in squares for serving. Serves 8 to 10. No extra salad dressing is necessary. Tomato-Sandwich Salad may be prepared in individual molds if preferred.

Variation: Add $\frac{1}{2}$ cup mayonnaise, 1 cup cottage cheese, season with grated onion.

STUFFED TOMATOES IN ASPIC

6 firm tomatoes	$1\frac{1}{4}$ cups chopped cooked	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup celery, finely diced	chicken or crabflakes	3 cups aspic jelly
	$\frac{1}{3}$ cup mayonnaise	

1. Peel and hollow out small, perfect tomatoes. 2. Mix celery, chicken or crabflakes, mayonnaise and salt, and stuff the tomatoes even with the tops. Chill. 3. Cover bottoms of individual molds or custard cups with aspic. (Page 42.) When the aspic has been made up ahead, melt it over hot water, and cool before using. If desired put a design of green peppers or circles of olives in the bottom of the mold; place in Cabinet or Chiller until jelly is set. Very carefully, place tomatoes in the molds upside down, add more liquid jelly, let stand in cabinet until tomato is set—so it will not float—then pour in enough more jelly to entirely cover tomato. 5. Chill thoroughly. 6. Unmold in nest of crisp lettuce and serve with mayonnaise dressing. (See illustration—page 20.)

TOMATOES PARISIENNE

6 firm tomatoes		2 tablespoons cream
$\frac{1}{4}$ pound cream cheese	$\frac{1}{4}$ cup mayonnaise	$\frac{1}{2}$ cup blanched almonds

1. Scald and peel tomatoes and chill thoroughly. 2. Make four incisions from the stem end to the bottom. Pull back the cut sections to form petals. 3. Arrange tomatoes on crisp lettuce leaves. 4. Mix the cream cheese and mayonnaise to form a thick smooth mixture. If too thick, thin with cream and pile in the center of the tomato. 5. Chill thoroughly and serve with French dressing.

TOMATO-CELERY SALAD

Fold into two cups Tomato Aspic, which has been allowed to cool and thicken slightly, one cup chopped celery or one-half cup chopped celery and $\frac{1}{4}$ cup finely chopped green peppers and $\frac{1}{4}$ cup chopped olives. Turn into molds and chill. Serve on lettuce with mayonnaise dressing.

Salads . . .

FROZEN PINEAPPLE SALAD

1 cup shredded pineapple		1 cup whipped cream
1 cup finely shredded cabbage	1 cup finely shredded celery	1 cup mayonnaise
$\frac{1}{2}$ cup shredded almonds	Juice of 1 lemon	$\frac{1}{2}$ teaspoon salt
		$\frac{1}{2}$ teaspoon paprika

1. Shred the cabbage, pineapple, celery, and almonds. Add juice of 1 lemon and mix. 2. Add mayonnaise, whipped cream, salt and paprika. 3. Turn into freezing tray and freeze $1\frac{1}{2}$ to 2 hours. (Freeze only long enough to become firm.) 4. Serve sliced on tomato jelly or fresh tomatoes on crisp lettuce leaves and garnish with mayonnaise and radish rose.

SUMMER SALAD

Add equal amount of chopped cucumber to Lemon Aspic, which has been allowed to thicken slightly. If onion flavor is liked, add $\frac{1}{4}$ cup chopped young onions. Turn into molds to chill. Unmold and serve with cooked or mayonnaise dressing.

GOLDEN SALAD

Add equal amount grated raw carrot to Lemon Aspic, which has been allowed to cool and thicken slightly. Turn into molds and chill until firm. Unmold on crisp lettuce and top with mayonnaise dressing.

PINEAPPLE AND CUCUMBER SALAD

2 tablespoons gelatin	$\frac{1}{2}$ teaspoon salt	1 cup shredded pineapple
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup vinegar	$\frac{1}{2}$ cup mayonnaise
1 cup boiling water	Juice of $\frac{1}{2}$ lemon	$\frac{1}{4}$ cup cream, whipped
$\frac{1}{4}$ cup sugar	1 cup diced cucumber	Paprika

1. Soak gelatin in cold water five minutes, then dissolve in boiling water. 2. Add sugar, salt, vinegar and lemon juice. Let cool. 3. When mixture begins to thicken stir in cucumber and pineapple and pour into molds. 4. Chill thoroughly. 5. Unmold on lettuce leaves and garnish with mayonnaise to which whipped cream has been added. Sprinkle with paprika.

GINGER ALE FRUIT SALAD

2 tablespoons gelatin		1 cup grapes
$\frac{1}{4}$ cup cold water	2 tablespoons sugar	1 banana
$\frac{1}{2}$ cup boiling water	$\frac{1}{4}$ cup chopped nuts	1 apple
$\frac{1}{4}$ cup lemon juice	1 cup ginger ale	2 oranges

1. Soak gelatin in cold water five minutes and dissolve in boiling water. 2. Add lemon juice, sugar and ginger ale. 3. Cut grapes in halves and remove seeds. 4. Slice banana. Peel and chop apple. 5. Separate oranges into sections and remove membranes. 6. When ginger ale mixture begins to thicken, fold in fruit and nuts. 7. Turn into molds and chill. 8. Serve on crisp lettuce leaves with Fruit Salad Dressing (Page 51.)

FROZEN FRUIT SALAD

- | | | |
|---|--------------------------|---------------------------------------|
| 1 package (3 oz.) cream cheese | 1 cup shredded pineapple | $\frac{1}{2}$ cup Maraschino cherries |
| $\frac{1}{2}$ cup cooked salad dressing | 1 cup cream, whipped | $\frac{1}{2}$ green pepper |
| | | $\frac{1}{2}$ cup pecan nuts |

1. Mash cream cheese and blend with salad dressing. 2. To this add pineapple, cherries (cut in pieces), chopped green pepper, and chopped nuts. 3. Fold in the whipped cream and turn into tray of chilling unit. When frozen, serve on crisp lettuce leaves. (This should freeze in about two hours: if left too long, it will become icy.)

CREAM CHEESE SALAD

- | | | |
|----------------------------------|-----------------------------|----------------------------------|
| $\frac{1}{2}$ tablespoon gelatin | 1 cup cottage cheese | Few grains paprika |
| 2 tablespoons cold water | Jelly | 1 teaspoon Worcester-shire sauce |
| 2 packages cream cheese or | $\frac{1}{4}$ teaspoon salt | $\frac{1}{2}$ cup cream, whipped |

1. Soak gelatin in cold water five minutes and dissolve over boiling water. 2. Mash cheese, add seasonings and cream, whipped until light but not stiff. 3. Add dissolved gelatin. 4. Turn into small molds and place in Cabinet or Chiller. 5. When ready to serve unmold on crisp lettuce, place a spoonful of currant or bar le duc jelly on top and serve with French dressing.

FROZEN PINEAPPLE CHEESE

- | | | |
|---------------------------------|-------------------------------------|----------------------------------|
| 1 teaspoon gelatin | 3 tablespoons cooked salad dressing | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons cold water | | $\frac{1}{8}$ teaspoon paprika |
| 2 packages (6 oz.) cream cheese | | 1 cup crushed pineapple |
| | | $\frac{1}{2}$ cup cream, whipped |

1. Soak gelatin in cold water five minutes and dissolve over boiling water. 2. Mash cheese and add salad dressing, salt, pepper and dissolved gelatin. 3. Add pineapple, drained of its juice, and fold in whipped cream. 4. Turn into freezing trays. Serve in nest of lettuce and garnish with cherries.

24-HOUR SALAD

- | | | |
|-----------------------|--------------------------------------|--------------------------------------|
| 2 eggs, beaten | 2 cups white cherries, cut in halves | 2 oranges, cut in pieces |
| 4 tablespoons vinegar | 2 cups pineapple, cut in pieces | 2 cups marshmallows, cut in quarters |
| 4 tablespoons sugar | | 1 cup cream |
| 2 tablespoons butter | | |

1. Put eggs in double boiler and add vinegar and sugar, beating constantly until thick and smooth. 2. Remove from heat, add butter and cool. 3. When cold, fold in whipped cream and fruit mixture. 4. Top with Emerolettes and Rubettes. 5. Turn into fancy ring mold and put in cabinet for 24 hours. (This makes a delicious party salad and serves 12 to 14.) (See illustration—page 49.)

Salads . . .

VEGETABLE SUPPER SALAD

- | | | |
|----------------------------------|-----------------------|---------------------------------|
| 1 package lemon-flavored gelatin | 2 tablespoons vinegar | 1 cup shredded cabbage |
| 2 cups boiling water | 1 teaspoon salt | $\frac{1}{2}$ cup grated carrot |
| | 1 cup chopped celery | 1 green pepper, chopped |

1. Dissolve prepared gelatin in boiling water. 2. Add vinegar and salt. 3. Place in refrigerator cabinet until mixture begins to thicken, then fold in celery, cabbage, carrot and green pepper. 4. Turn into mold and return to cabinet until ready to serve. 5. Unmold on crisp lettuce. 6. Serve with thin slices and cornucopias of cold meat for the main course at supper or luncheon. (See illustration—page 50.)

MOLDED CHICKEN SALAD

- | | | |
|------------------------------|---|-----------------------------------|
| 1 tablespoon gelatin | 1 cup mayonnaise or cooked salad dressing | $\frac{1}{2}$ cup chopped celery |
| $\frac{1}{4}$ cup cold water | 2 cups cooked chicken cut in small pieces | $\frac{1}{4}$ cup chopped pimento |

1. Soak gelatin in cold water and dissolve over boiling water. 2. Add to salad dressing. 3. Fold in chicken, celery and pimento and more dressing if necessary. 4. Turn into large or individual molds and place in cabinet to chill. 5. Unmold on crisp lettuce and garnish with fan pickles, stuffed olives or radish roses. (See illustration—page 49.)

TUNA FISH SALAD

- | | | |
|--------------------------|----------------------------------|---------------------------------------|
| 1 tablespoon gelatin | $\frac{1}{2}$ cup chopped celery | $\frac{1}{8}$ teaspoon paprika |
| 2 tablespoons cold water | $\frac{1}{4}$ cup pickle relish | $\frac{1}{2}$ cup mayonnaise dressing |
| 2 cups tuna fish | $\frac{1}{2}$ teaspoon salt | |

1. Soak gelatin in cold water five minutes and dissolve over boiling water. 2. Flake the tuna fish in pieces, add the celery, relish, salt, paprika and mayonnaise. 3. Add the dissolved gelatin, mix well and put into individual molds (or one large mold) which have been dipped in cold water. 4. Place in Cabinet to chill until ready to serve. 5. Serve in nests of lettuce and garnish with celery curls and rings of green pepper.

COLE-SLAW

1. Remove the outside leaves of a firm young cabbage. Cut in quarters and with a sharp knife cut off very thin slices. Let stand in cold water one-half hour. 2. Drain and mix with enough cooked salad dressing (Sour Cream Dressing) to moisten well. 3. Chopped pimento or finely chopped green pepper may be added if desired. 4. Keep in covered jar in refrigerator cabinet until needed.

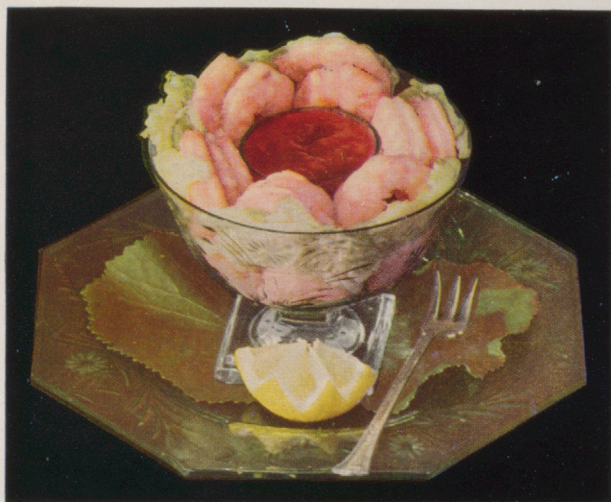
LEMON ASPIC

- | | | |
|------------------------------|-----------------------------------|-----------------------------|
| 1 tablespoon gelatin | $1\frac{3}{4}$ cups boiling water | 4 tablespoons vinegar |
| $\frac{1}{4}$ cup cold water | 2 tablespoons lemon juice | $\frac{1}{4}$ teaspoon salt |

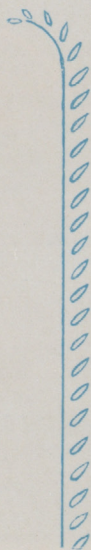
Soak the gelatin in cold water for five minutes and dissolve in boiling water. Add lemon juice, vinegar and salt. Cool. This may be made up ahead, kept in the cabinet, and used as a basic jelly for vegetable salads.



Melon Ball Cocktail Recipe on Page 35.



Shrimp Cocktail and Cocktail Sauce Recipe on Page 39.

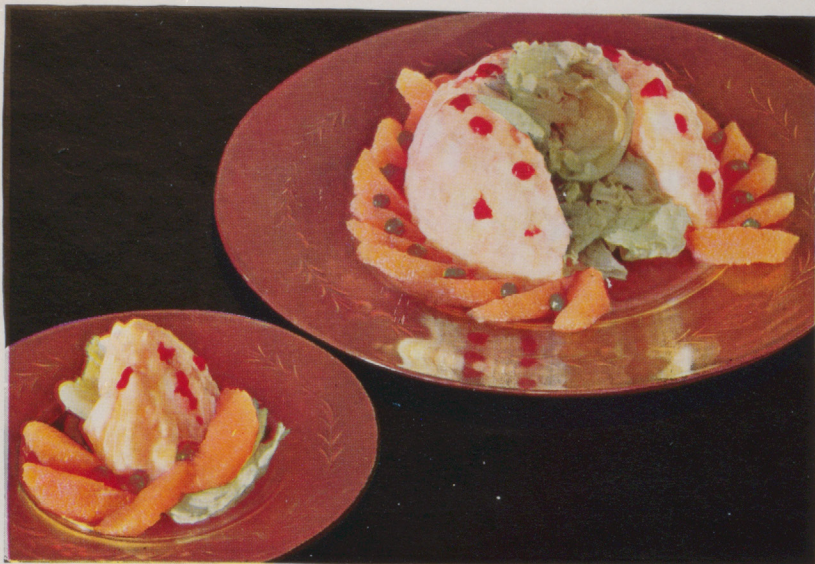




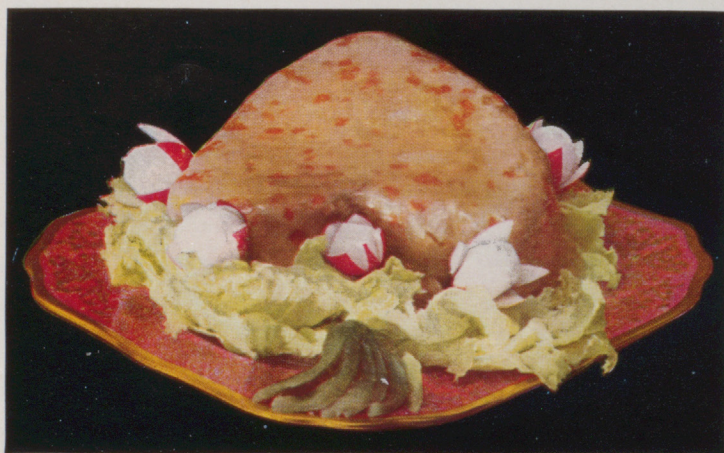
Jellied Tomato Bouillon Recipe on Page 41.



Vegetable Soup Recipe on Page 40.



Twenty-four hour salad Recipe on Page 45.



Molded Chicken Salad Recipe on Page 46.



Vegetable Supper Salad Recipe on Page 46



Floating Island Recipe on Page 52.

... Salad Dressings

SOUR CREAM DRESSING

2 tablespoons sugar
1 teaspoon salt

1 teaspoon mustard
2 tablespoons lemon juice

2 tablespoons vinegar
1 cup sour cream

1. Mix first five ingredients. Place in covered dish in the General Electric Refrigerator for 1 hour. 2. Whip cream until light (not stiff), add other ingredients and mix. 3. Serve on cabbage slaw—sliced cucumbers or mixed vegetable salad.

MAYONNAISE DRESSING

2 egg yolks
 $\frac{1}{4}$ cup vinegar

$\frac{1}{8}$ teaspoon pepper

1 pint salad oil
1 teaspoon salt

Beat egg yolks and add few drops of vinegar. Drop oil, drop by drop, into egg mixture until $\frac{1}{4}$ cup is used. Then gradually increase the amount of oil added, beating constantly. As mixture thickens, add the rest of the vinegar, a little at a time. Add salt. Lemon juice may be used in place of vinegar, if preferred.

FRENCH DRESSING

$\frac{1}{8}$ cup mild vinegar or
 $\frac{1}{4}$ cup lemon juice

1 cup olive or salad oil
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper

1 teaspoon sugar
 $\frac{1}{4}$ teaspoon paprika

Mix vinegar, oil, salt, pepper, sugar and paprika together and beat thoroughly. Turn into tightly covered jar and keep in refrigerator Cabinet. Shake well before serving.

COOKED SALAD DRESSING

1 teaspoon mustard
1 teaspoon salt
1 teaspoon sugar

2 tablespoons flour
 $\frac{1}{8}$ teaspoon paprika
1 egg

$\frac{3}{4}$ cup milk
 $\frac{1}{4}$ cup vinegar
1 tablespoon butter

Mix mustard, salt, sugar, flour and paprika together. Add well-beaten egg and mix until smooth. Add milk and vinegar and cook over hot water until thick, stirring constantly. Remove from fire, add butter and cool.

FRUIT SALAD DRESSING

Canned pineapple juice
(about 1 cup)
4 tablespoons flour

3 tablespoons sugar

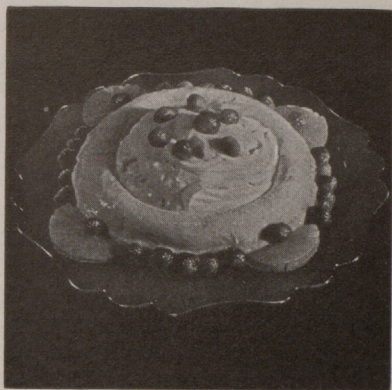
2 eggs
1 tablespoon butter
1 cup cream

Drain juice from canned pineapple. Mix sugar and flour and add enough juice to make smooth paste. Heat remaining juice and add flour mixture. Cook, stirring constantly until thickened. Place over hot water; add eggs, beaten until light, and butter. Cook about ten minutes, stirring to prevent lumping. Cool and place in Cabinet until ready to serve. Whip cream and fold into chilled mixture just before serving.

Chilled Desserts . . .

WHEN you are planning the family menus be sure to consider the desserts carefully, choosing a light dessert for a hearty meal and a hearty dessert for a lighter meal. Dessert is just as much a part of the menu as is soup, for it contains milk and other nourishing properties, and should, therefore, be planned for accordingly.

The desserts in this chapter are made, for the most part, with milk and fruit—two essentials of a well balanced diet—so include them in your menus frequently. All may be prepared at your convenience. They should be thoroughly chilled in the cabinet (or more quickly, in the



chiller) of your General Electric Refrigerator before serving, in order to bring out the delicate flavors of the fruit and flavorings in them.

FLOATING ISLAND

2 cups scalded milk	$\frac{1}{4}$ cup sugar	1 teaspoon vanilla
3 egg yolks	$\frac{1}{8}$ teaspoon salt	3 egg whites

1. Beat egg yolks slightly, add sugar and salt. 2. Gradually add the scalded milk to the eggs, stirring constantly. 3. Cook on low heat and continue stirring until mixture coats a spoon. Cool and add vanilla. 4. Beat egg white until stiff, adding powdered sugar during last part of beating. 5. Arrange this meringue in "islands" on the custard. A little jelly, or rubettes, may be placed in center of each "island". Floating Island should be served very cold. (See illustration—page 50.)

CHOCOLATE SURPRISE CAKE

2 dozen lady fingers	4 tablespoons sugar	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ pound cake sweet chocolate	4 tablespoons water	4 egg whites, beaten light
	4 egg yolks, beaten light	1 cup cream, whipped

1. Line a deep round cake pan with waxed paper. Line bottom and sides with lady fingers placed brown side out. 2. Melt chocolate on low heat, add sugar, water and egg yolks. Cook until smooth, stirring constantly. Cool, add vanilla and fold in egg whites. 3. Pour one-half of mixture into pan. Put another layer of lady fingers over chocolate mixture and add remainder of filling. 4. Cover with waxed paper and place in the refrigerator cabinet for several hours. When ready to serve, remove from pan and fill center with whipped cream. Sprinkle with chocolate shot or chopped nuts. Top with red raspberries. (See illustration—page 59.)

... Chilled Desserts

BAKED CUSTARD

1 quart milk
6 eggs

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon vanilla

1. Scald milk. Beat eggs slightly, add sugar and salt. Slowly add hot milk to eggs and sugar. 2. Add vanilla and pour into custard cups. Set cups in a pan of hot water. 3. Bake 300° F.—30 minutes until firm. Test by running a silver knife through the custard; if knife comes out clean, the custard is baked. Remove from pan of water, cool and chill. Serve with Caramel Sauce.

STRAWBERRY BAVARIAN CREAM

2 tablespoons gelatin
 $\frac{1}{4}$ cup cold water
 $\frac{1}{2}$ cup fruit juice

$1\frac{1}{2}$ cups crushed fresh
strawberries, or

$1\frac{1}{2}$ cups canned berries,
drained of their juice
 $1\frac{1}{2}$ cups cream

1. Soak gelatin in cold water and dissolve in boiling fruit juice. Cool. 2. If fresh fruit is to be used, sweeten to taste, depending upon the sweetness of the berries—about one-half cup; if canned fruit, no extra sugar will be needed. 3. Add fruit and place in refrigerator cabinet to chill, stirring occasionally. 4. When mixture begins to thicken, fold in cream, whipped until stiff. Turn into mold, first dipped in cold water, and return to refrigerator to become firm. 5. Unmold on serving plate and garnish with whole strawberries, crushed strawberries, or whipped cream, as desired. (See illustration—page 59.)

BLACKBERRY ROYAL PARFAIT

2 cups blackberry juice
and pulp
1 cup blackberries
(whole)

1 package lemon jello
2 cups whipped cream

Yellow coloring
Green cherries
 $\frac{1}{4}$ cup sugar—more if
needed

1. Heat blackberry juice and dissolve jello. Add sugar. Cool—turn into shallow pan and chill. 2. When chilled shred very fine with a fork, then add slightly sweetened whipped cream until a lavender color. 3. To serve: add 1 tablespoon sweetened berries in bottom of parfait glasses, then lavender mixture and top with whipped cream. Place in center a green cherry and around the cherry, petals of yellow whipped cream to resemble a flower. 4. Serve with crisp refrigerator cookies. Very pretty and delicious.

LEMON CHIFFON PIE

1 tablespoon gelatin
 $\frac{1}{4}$ cup water
1 cup sugar

4 egg yolks
 $\frac{1}{2}$ cup lemon juice
4 egg whites

1 teaspoon grated rind
 $\frac{1}{2}$ teaspoon salt
Baked pie shell

1. Soak gelatin in cold water. Beat egg yolks until light, add $\frac{1}{2}$ of the sugar and lemon juice and rind and continue to beat. When very light place on low heat and cook, stirring until of custard consistency. 2. Add soaked gelatin and dissolve. Cool. 3. When cool add beaten egg whites to which the remaining sugar has been added. 4. Fill baked pie shell and chill. Serve with thin layer of whipped cream.

Chilled Desserts . . .

ORANGE CHIFFON PIE

Make same as Lemon Chiffon Pie, but instead of one-half cup lemon juice and one tablespoonful grated lemon rind, use one-half cup orange juice, one tablespoonful grated orange rind and one tablespoonful lemon juice.

REFRIGERATOR CHOCOLATE PIE

1 cup milk
 $\frac{1}{2}$ cup sugar
3 egg yolks
 $\frac{1}{4}$ teaspoon salt

2 squares chocolate
 $\frac{1}{2}$ tablespoon gelatin
soaked in
 $\frac{1}{4}$ cup cold water
3 egg whites

$\frac{1}{4}$ cup sugar
1 cup cream
 $1\frac{1}{2}$ cups vanilla wafer
crumbs or cake crumbs

1. Make custard of milk, sugar, chocolate and egg yolks. Add soaked gelatin and dissolve. Cool. Fold in beaten egg whites, add the $\frac{1}{4}$ cup sugar. 2. Line a buttered pie tin with crushed vanilla wafers, add filling. Cover with waxed paper and place in refrigerator 4 to 5 hours. Serve with whipped cream.

PINEAPPLE CHIFFON PIE

1 level tablespoonful
gelatin
 $\frac{1}{4}$ cup cold water

$1\frac{1}{4}$ cups canned,
crushed pineapple
 $\frac{1}{2}$ cup sugar

4 eggs
 $\frac{1}{4}$ teaspoonful salt
1 tablespoonful lemon juice

1. Soak gelatin in cold water about five minutes. 2. Beat egg yolks slightly and add $\frac{1}{4}$ cup sugar, pineapple, lemon juice and salt. Cook on low heat until of custard consistency. 3. Add the softened gelatin, stirring thoroughly, and cool. 4. When mixture begins to thicken fold in stiffly beaten egg whites to which has been added the other $\frac{1}{4}$ cup sugar. Fill baked pie shell and chill. 5. Just before serving spread over pie a thin layer of whipped cream.

FROZEN COFFEE PIE

$1\frac{1}{2}$ cups milk (scalded)
 $\frac{1}{2}$ cup sugar
3 tablespoons cornstarch
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup strong coffee
3 egg yolks
1 teaspoon gelatin soaked
 $\frac{1}{4}$ cup cold milk

1 teaspoon vanilla
1 cup cream
1 sponge layer cake
(remove center)

1. Scald milk on high heat. Mix sugar, cornstarch, salt and cold strong coffee. Add egg yolks. 2. Add sugar mixture to scalded milk—stirring, and cook on low heat until thickened. 3. Add soaked gelatin and vanilla—cool. 4. When cool—pour into cake shell or freezing tray lined with cakes—garnish with whipped cream and shredded nuts. 5. Freeze in chilling unit 2 to 3 hours.

PINEAPPLE DELIGHT

1 cup canned crushed
pineapple

1 cup marshmallows
1 cup cream, whipped

1 cup macaroons
1 cup dates

Mix pineapple with marshmallows, cut in quarters, macaroons, crumbled, and dates pitted and cut in small pieces. Let stand for several hours in the Chiller or Cabinet. Then fold into the whipped cream and chill again. Serve in sherbet or parfait glasses and top with Maraschino cherry, rubyettes or nuts. (See illustration—page 60.)

... Frozen Desserts

HOW TO FREEZE DESSERTS

FREEZING desserts in the General Electric Refrigerator is an easy task. The recipes given have been developed for the General Electric Refrigerator. These recipes differ somewhat to the recipes used in the old fashioned ice cream freezer, therefore, for the best results we suggest that you follow these suggestions or use a recipe adapted to the electric refrigerator method of freezing desserts.

FROZEN DESSERTS

For the sake of simplifying methods of freezing, these recipes in this chapter have been grouped under three headings: Parfaits and Mousses, Ice Creams, Sherbets and Ices.

PARFAITS AND MOUSSES: These mixtures require no stirring while they are freezing. They depend for their smoothness of texture upon the richness of the mixture and upon the air beaten into the cream during whipping.

ICE CREAMS: As these mixtures contain less cream than Mousses and Parfaits, gelatin, flour or cornstarch is usually added to make for a smoother frozen product. Excellent results have been obtained by freezing to a mush before the whipped cream is added; then stirring only once; that is, when the cream is folded in. To do this remove frozen mixture to bowl, beat with egg-beater and fold in the whipped cream. Return to chilling unit and continue to freeze without stirring. Some recipes do not require stirring.

SHERBETS: A special method has



been worked out whereby mixtures of sugar, water or milk and fruit may be frozen with excellent results. The mixture is turned out into a bowl when it is partly frozen and beaten with an egg-beater to incorporate air. The addition of unbeaten egg whites during the second beating makes for a smoother product and at the same time increases the bulk.

USE OF EVAPORATED MILK: Whipped evaporated milk may be used instead of cream in certain frozen dessert recipes, with satisfactory results. To whip: Follow instructions given on can of milk.

USE OF GELATIN: Gelatin may be used in various frozen desserts. It adds food value, also tends to make cream velvety. Use 2 teaspoons soaked gelatin to each tray of dessert.

USE OF CONDENSED MILK: Condensed milk may be used very successfully in recipes especially developed for it—follow instructions given on can of milk.

Frozen Desserts . . .

GENERAL RULES FOR FREEZING

(1) Set temperature regulator at the coldest point. The regulator should be turned back to normal position after 2 or 3 hours. (2) For the best freezing results each tray should be in direct contact with the chilling unit. The tray should be frozen to the unit firmly. (3) This is accomplished by putting 2 to 3 tablespoons of water on floor of the chilling unit, then placing trays in or by having the bottom of the tray wet.

The length of time required for freezing is dependent upon several factors and therefore, no definite time can be given for freezing the recipes in this chapter. The approximate freezing time for a tray serving 6 is $2\frac{1}{2}$ - 3 hours.

Some of the factors which influence the freezing period are:

(a) The mixture itself:

It should be chilled before putting into freezing tray.

Thicker mixtures freeze more quickly.

Sugar lowers the freezing point, therefore the less sugar the quicker the freezing, and the quicker the freezing process the finer and smoother the grain of the frozen mixture.

(b) Food should be cool when put into any part of the refrigerator in order not to raise the temperature unnecessarily.

(c) Use of the refrigerator:

The more the door is opened, the longer will be the time of freezing.

VANILLA MOUSSE

1 teaspoon gelatin
2 tablespoons cold water
1 cup milk

$\frac{1}{2}$ cup sugar

Few grains salt
2 teaspoons vanilla
1 cup cream

1. Soak gelatin in cold water about five minutes. 2. Heat milk and dissolve gelatin in it. 3. Add sugar and salt; cool and add flavoring. 4. Turn into freezing tray, place in chilling unit. 5. When mixture begins to thicken, turn into bowl and beat until frothy. 6. Then fold in cream, beaten until stiff. Return to chilling unit and freeze without stirring.

PEPPERMINT MOUSSE

Use one-half cup finely crushed cream mint candies, or peppermint sticks, instead of the sugar. Tint a delicate green, serve with chocolate sauce.

CHOCOLATE MOUSSE

$1\frac{1}{2}$ squares ($1\frac{1}{2}$ oz) unsweetened chocolate
 $\frac{3}{8}$ cup sugar

2 teaspoons vanilla

$\frac{1}{2}$ cup milk
 $1\frac{1}{2}$ cups cream
Salt

1. Melt the chocolate, add the sugar, gradually stir in the milk and stir until it boils. 2. Strain and cool. 3. Whip the cream until stiff and fold in the chocolate mixture, salt and vanilla. 4. Pour into tray of chilling unit and freeze without stirring.

. . . Frozen Desserts

PEACH MOUSSE

2 cups fresh sliced peaches
 $\frac{3}{4}$ cup sugar

3 or 4 drops almond extract
2 cups cream, whipped

1. Peel and slice peaches; cover with the sugar and let stand one hour. Mash and rub through a sieve. 2. Fold in cream, whipped until stiff, and almond flavoring. 3. Pour into tray of chilling unit. Freeze without stirring.

Variations—May use strawberries, apricots or apple sauce in place of peaches.

YELLOW PARFAIT

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup water

4 egg yolks
Few grains salt

$1\frac{1}{2}$ teaspoons vanilla
 $1\frac{1}{2}$ cups cream

1. Boil sugar and water five minutes. Pour slowly over well-beaten egg yolks. 2. Cook on low heat until mixture coats the spoon. 3. Cool, add salt, vanilla and fold in whipped cream. 4. Serve in tall parfait glasses and garnish with whipped cream, if desired.

MAPLE PARFAIT

Follow recipe for Yellow Parfait, substituting one-half cup maple syrup for the sugar and water. Do not boil the syrup, but heat it in a double boiler before pouring over eggs. One-half cup pecan meats, broken in pieces, may be added when whipped cream is folded in. (See illustration—page 60.)

BUTTERSCOTCH PARFAIT

$\frac{3}{8}$ cups brown sugar
2 tablespoons butter
 $\frac{1}{2}$ cup water

4 egg yolks

2 teaspoons vanilla
1 cup heavy cream
Few grains salt

1. Melt sugar and butter in saucepan; stir to prevent burning and boil one minute. Add water and cook until butterscotch is smooth and syrupy. 2. Beat egg yolks, add butterscotch syrup slowly and continue beating. Cook on low heat until light and fluffy. 3. Chill; beat cream until stiff; add salt and vanilla. Combine with chilled egg mixture. 4. Turn into tray, place in chilling unit, freeze without stirring.

ANGEL PARFAIT EN SURPRISE

$\frac{1}{8}$ cup sugar
4 tablespoons water
2 egg whites

$\frac{1}{2}$ pint (1 cup) cream
 $1\frac{1}{2}$ teaspoons vanilla
Candied pineapple or
cherries

Rubettes or Maraschino
cherries
Preserved ginger

1. Stir sugar and water until sugar is melted. Boil, without stirring, until syrup spins a thread from tip of spoon. 2. Add slowly to egg whites, beaten until stiff. Continue beating until mixture is cool. 3. Chill, then add cream, whipped, and vanilla. 4. Fill small molds or paper parfait cups with this mixture. In the center of each put a teaspoonful of chopped candied fruit, preserved ginger, Maraschino cherries, Rubettes, or a combination of these fruits. Sprinkle more chopped fruit over the top. 5. Place molds in tray of chilling unit and allow two or three hours to freeze.

Frozen Desserts . . .

DOMINION ICE CREAM

1 $\frac{1}{4}$ cups top milk	1 tablespoon flour	$\frac{1}{2}$ pint (one cup) cream
2 eggs	$\frac{1}{8}$ teaspoon salt	or evaporated milk
$\frac{1}{2}$ cup sugar		2 teaspoons vanilla

1. Scald milk. Beat egg yolks, adding sugar and flour. Combine with hot milk and cook on low heat until mixture coats a spoon, like a thin custard. 2. Cool. Beat egg whites until stiff. Add salt and fold into custard, add vanilla. 3. Pour into tray of chilling unit and freeze to mush. Remove from refrigerator, fold in whipped cream or evaporated milk and freeze 2 to 3 hours.

COFFEE ICE CREAM

Use recipe for Dominion Ice Cream, scalding 1 $\frac{1}{2}$ tablespoons finely ground coffee with milk, then straining the liquid through several thicknesses of cheesecloth.

CAPITAL ICE CREAM

2 teaspoons gelatin		1 pint (2 cups) cream
$\frac{1}{4}$ cup cold water	Few grains salt	1 cup sugar
1 pint (2 cups) scalded milk		1 tablespoon vanilla

1. Soak gelatin in cold water about five minutes and dissolve in scalded milk. Add sugar, and when sugar is dissolved cool and add vanilla. 2. Pour into tray of chilling unit and freeze to mush. 3. Remove from refrigerator, fold in cream, whipped until stiff, and return to chilling unit to freeze.

CHOCOLATE ICE CREAM

1 $\frac{1}{2}$ oz. unsweetened chocolate (1 $\frac{1}{2}$ squares)	2 cups rich milk	$\frac{2}{3}$ cup sugar
	1 tablespoon cornstarch	1 $\frac{1}{2}$ teaspoons vanilla
	Few grains salt	1 cup cream

1. Melt chocolate on low heat and add scalded milk very slowly. 2. Mix cornstarch with sugar and add to chocolate mixture. Cook ten minutes, stirring until thickened. 3. Cool, add vanilla, turn into tray of chilling unit, and freeze to mush. 4. Fold in whipped cream and return to chilling unit and freeze.

BISCUIT TORTONI

$\frac{3}{4}$ cup dry macaroon crumbs	$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
$\frac{3}{4}$ cup milk	Few grains salt	$\frac{1}{4}$ teaspoon almond extract
	1 cup cream, whipped	

1. Soak one-half cup of the macaroon crumbs with the sugar, salt, and milk, for one hour. 2. Fold in the cream, whipped, vanilla and almond extract. 3. Fill paper cases with the mixture and cover with the remaining macaroon crumbs. 4. Put cups in tray and place in chilling unit to freeze.



Strawberry Bavarian Cream Recipe on Page 53.



Chocolate Surprise Cake Recipe on Page 52.



Maple Parfait with Pecans Recipe on Page 57.



Pineapple Delight Recipe on Page 54.

... *Frozen Desserts*

FRESH PEACH ICE CREAM

2 cups peach pulp
 $\frac{3}{4}$ cup sugar
Juice of 1 lemon

Pinch of salt
 $\frac{1}{2}$ pint cream
2 whole eggs

2 tablespoons sugar
 $\frac{1}{2}$ teaspoon almond
flavoring

1. Select soft peaches. Mash thoroughly. 2. Add sugar and lemon juice and dissolve. When thoroughly dissolved pour into tray and freeze 45 minutes to 1 hour. 3. Beat egg whites, adding the 2 tablespoons sugar—then add egg yolks and mix. 4. Whip cream to a thick custard consistency (do not over whip). Combine with the beaten eggs. 5. Add frozen peach pulp and mix lightly. 6. Return to chilling unit and freeze 2 to $2\frac{1}{2}$ hours.

COFFEE CARAMEL ICE CREAM

1 cup sugar
 $1\frac{1}{2}$ cups milk—scald
3 tablespoons flour or
2 of cornstarch

Pinch of salt

3 egg yolks
 $\frac{1}{4}$ cup strong coffee
1 teaspoon vanilla
1 pint cream

1. Caramelize the 1 cup of sugar. 2. Add the caramelized sugar to the scalded milk, stirring continually while adding the hot sugar. 3. Beat egg yolks, add the flour and mix well. Then add the coffee and pinch of salt. 4. Add to hot milk and cook on LOW heat until thickened. Cool. Place in refrigerator to chill. 5. Whip cream to a thick custard consistency. Add chilled mixture and vanilla. Mix well. But do not over mix. 6. Turn into freezing tray and freeze 2 to $2\frac{1}{2}$ hours. Requires no stirring.

CARAMEL ICE CREAM

1 cup sugar
 $\frac{1}{4}$ cup boiling water
 $1\frac{1}{2}$ cups evaporated milk
2 eggs

$\frac{3}{4}$ cup nuts (may
be omitted)
1 teaspoon vanilla

$\frac{1}{2}$ teaspoon gelatin (soft-
ened in 2 teaspoons
cold water)
1 cup heavy cream

1. Caramelize sugar, stirring constantly until melted. 2. Slowly add $\frac{1}{4}$ cup boiling water to melted sugar and stir until sugar is dissolved. 3. Add slowly the $1\frac{1}{2}$ cups of evaporated milk which has been scalded on high heat. 4. Add beaten egg yolks and cook on low heat until mixture thickens—add soaked gelatin—cool. 5. Add vanilla and nuts, if used. 6. Fold in cream which has been whipped. 7. Fold in well beaten egg whites. Freeze 2 to $2\frac{1}{2}$ hours.

COFFEE MARLOW

30 marshmallows
 $1\frac{1}{2}$ cups hot, strong coffee

$1\frac{1}{2}$ cups cream
Few grains salt

1. Melt marshmallows in coffee, stirring until smooth. Add salt; cool. 2. When quite cool and slightly thickened, fold in the cream which has been whipped until stiff. 3. Pour into trays of chilling unit and freeze without stirring.

Frozen Desserts . . .

BANANA MARLOW

30 marshmallows
1 tablespoon lemon juice $\frac{3}{4}$ cup boiling water 1 cup mashed bananas
1 $\frac{1}{2}$ cups cream

1. Melt the marshmallows in boiling water. Add the banana pulp and lemon juice. Cool. 2. When quite cool and slightly thickened, combine with the cream, which has been whipped until stiff. 3. Pour into trays of chilling unit and freeze without stirring.

LEMON CREAM SHERBET

1 pint milk
1 cup sugar
Grated rind of 1 lemon $\frac{1}{2}$ pint cream Juice of 2 lemons
2 egg whites
2 tablespoons sugar

1. Add sugar to milk and allow to dissolve. 2. When thoroughly dissolved add lemon rind and juice. Stir while adding lemon juice. 3. Turn into freezer tray and freeze 45 minutes to 1 hour. 4. Beat egg whites, adding the 2 tablespoons sugar. 5. Whip the cream to a thick custard consistency. Combine with the beaten egg whites. 6. Add frozen mixture and mix lightly. 7. Return to freezing unit and freeze 2 to 2 $\frac{1}{2}$ hours (requires no stirring). 8. Serve garnished with sprig of mint.

BUTTERMILK SHERBET

2 cups buttermilk
 $\frac{1}{2}$ cup sugar 1 cup crushed pineapple 1 egg white (unbeaten)
1 $\frac{1}{2}$ teaspoons vanilla

1. Combine buttermilk, sugar and pineapple thoroughly. Place in tray in chilling unit and freeze to a mush. 2. Remove from tray to bowl, add egg white and vanilla. Beat until light and fluffy. 3. Return to chilling unit and continue freezing.

TOMATO FRAPPE

2 cups tomato juice
1 teaspoon gelatin
soaked in 2 tablespoons cold water 1 tablespoon lemon juice
1 tablespoon catsup
Salt and pepper to season

1. Soak gelatin in cold water. Heat tomato juice, and dissolve the gelatin. Cool. 2. Add lemon juice, catsup and seasoning. 3. Turn into tray and freeze to a mush. 4. Serve in chilled cups and garnish with parsley and lemon.

PINEAPPLE MINT SHERBET

1 teaspoon gelatin
 $\frac{1}{2}$ cup water
1 cup pineapple juice
 $\frac{1}{2}$ cup sugar 1 cup crushed pineapple
2 egg whites 2 tablespoons prepared
mint sauce or
1 tablespoon chopped
fresh mint and
2 tablespoons lemon juice

1. Mix water, pineapple juice, and sugar. Boil three minutes. Add soaked gelatin and dissolve. 2. Cool. Add crushed fruits, chopped mint and lemon juice. Freeze for one hour. 3. Turn into bowl, add unbeaten egg whites and beat until very light. 4. Return to chilling unit and freeze 2 to 3 hours. (See illustration—page 20.)

... *Dessert Sauces*

BUTTERSCOTCH SAUCE

$\frac{1}{2}$ cup granulated sugar	2 tablespoons light corn syrup	$\frac{1}{4}$ cup hot water
$\frac{1}{2}$ cup light brown sugar	$\frac{1}{2}$ cup cold water	$\frac{1}{2}$ teaspoon vanilla
	$1\frac{1}{2}$ tablespoons butter	

1. Cook white and brown sugar, corn syrup and cold water to 260° F., or until a little dropped into cold water becomes quite brittle. 2. Remove from heat, beat in butter, hot water and vanilla. Serve hot.

CHOCOLATE SAUCE

2 squares (2 oz.) unsweetened chocolate or $\frac{1}{2}$ cup cocoa	2 tablespoons butter 1 cup water	2 cups sugar Few grains salt 2 teaspoons vanilla
--	-------------------------------------	--

1. Cut chocolate into pieces; add to water and cook until smooth and thick. 2. Add sugar and salt and stir until dissolved. 3. Boil three minutes 222° F., add butter and vanilla and serve at once. If cocoa is used and the butter omitted, this sauce may be put into an air-tight jar and kept in the refrigerator until ready to use. Reheat, add butter and serve.

MELBA SAUCE

1 cup canned raspberries	$\frac{1}{4}$ cup sugar
--------------------------	-------------------------

1. Put raspberries through a sieve, add the sugar and boil about five minutes. 2. Cool and keep in refrigerator until needed. Serve cold.

APRICOT CREAM SAUCE

2 cups apricot pulp	Pinch salt	1 cup cream—whipped or
$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar		2 egg whites—beaten
2 tablespoons cornstarch		$\frac{1}{2}$ cup water

1. Heat apricot pulp and sugar together. Use HIGH heat (3 to 4 minutes). 2. Turn switch to LOW. Add cornstarch dissolved in water and salt. Cook until thick and clear, 8 to 10 minutes. 3. Cool. Fold in whipped cream or egg whites. 4. Serve on sponge cake, spice cake, etc. May use any dried fruit.

LEMON MARSHMALLOW SAUCE

1 egg	$1\frac{1}{2}$ cups hot water	Juice of 1 lemon
2 tablespoons flour	Rind of 1 lemon	2 tablespoons butter
$\frac{1}{2}$ cup sugar		8 to 10 marshmallows

1. Beat egg, add sugar and flour. Add hot water gradually. Cook on LOW until thick. 2. Add lemon rind, juice and butter. 3. Remove from unit, add cut marshmallows. Dissolve. Serve on pudding or gingerbread.

What to do with Left-Overs



THERE is an opportunity for great variation in the art of utilizing left-overs. This is one great problem to the average home manager. With your General Electric Refrigerator no food need ever be wasted. The Grilled Luncheon illustrated is very nice. The menu is:

Grilled Roast Pork with Pineapple
Browned Potatoes Buttered Onions
String Beans

1. Butter lower section of your broiler pan. Arrange onions and beans in pan. Place in oven while preheating the broiling unit.
2. When unit is *glowing red* arrange potatoes and sliced pork ($\frac{1}{2}$ in. thick) with pineapple on rack and place over vegetables. Cook until potatoes and pineapple are a golden brown and other vegetables are heated. 3. Serve on platter and garnish with parsley.

Variations: Any combination of meat and vegetable may be used. See page 89 for other suggestions.

MEAT - FOWL - FISH

ROAST BEEF—Meat Pie—Stuffed Peppers—
Chartreuse of Meat and Rice—Croquettes—
Spanish Rice—Italian Spaghetti.

LAMB—Lamb Stew—Lamb Croquettes—
Meat Pie—Chartreuse of Meat and Rice.

HAM—Baked Macaroni with Ham—Ham
Souffle—Ham Mousse—Stuffed Peppers.

VEAL—Veal Pie—Jellied Veal—Stuffed
Peppers—Croquettes.

CHICKEN OR FOWL—Chicken a la King—
Creamed Chicken—Molded Chicken Salad—
Stuffed Tomato Salad.

FISH, BAKED OR BOILED—Fish Croquettes—
Fish and Egg Timbales—Scalloped Fish—
Fish and Celery Salad.

VEGETABLES

BOILED POTATOES—Creamed Potatoes—Potatoes au Gratin—Hashed Brown Potatoes—
Lyonnaise Potatoes.

MASHED POTATOES—Potato Cakes—Top for
Meat Pies—Instead of Rice for Chartreuse
of Meat.

SWEET POTATOES, BOILED—Candied Sweet
Potatoes—Sweet Potato Croquettes—
Mashed Sweet Potatoes—Scalloped
Sweet Potatoes and Apples.

PEAS—Creamed Peas—Vegetable Salad—
Cream of Pea Soup—Vegetable Casserole—
Pea, Pickle, Peanut Salad.

CABBAGE—Creamed Cabbage—Cabbage au
Gratin—Vegetable Casserole.

BOILED RICE—Rice Fritters—Spanish Rice—
Chartreuse of Meat and Rice—Rice and
Tomato Croquettes.

STRING BEANS—Macedoine Salad—Supper
Salad—Vegetable Casserole—Escalloped
with other Vegetables.

CARROTS—Veal Pie—Vegetable Casserole—
Creamed Carrots—Vegetable Salad.

SPINACH—Spinach and Egg—Cream of
Spinach Soup—Spinach en Casserole—
Molded Spinach Salad.

... Left-over Recipes

CHARTREUSE OF MEAT AND RICE

- | | | |
|-------------------------------|------------------------------------|--|
| 2 cups chopped cooked meat | $\frac{1}{4}$ teaspoon onion juice | 1 egg |
| 1 teaspoon salt | 1 tablespoon chopped parsley | $\frac{3}{4}$ cup fine soft bread crumbs |
| $\frac{1}{4}$ teaspoon pepper | | 4 cups cooked rice |

1. Season meat and mix with crumbs and beaten egg, add enough stock to make it pack easily. 2. Line a thoroughly buttered mold with three cups of rice, fill with the meat mixture, and cover with the remainder of the rice. 3. Cover tightly and bake at 350° for one hour. Serve with Tomato Sauce. (The preparation may be done ahead and the covered mold kept in the refrigerator until time to serve.)

HAM MOUSSE

- | | | |
|-----------------------------------|--------------------------------|------------------------------------|
| 1 tablespoon gelatin | $\frac{1}{4}$ teaspoon salt | 2 tablespoons chopped green pepper |
| $\frac{1}{4}$ cup cold water | $\frac{1}{8}$ teaspoon pepper | 1 cup cream |
| $1\frac{1}{2}$ tablespoons butter | $\frac{1}{8}$ teaspoon paprika | Few drops Worcestershire |
| $1\frac{1}{2}$ tablespoons flour | 1 cup milk | |
| | 2 cups minced ham | |

1. Soak the gelatin in cold water. 2. Melt the butter, add the flour and stir until smooth. 3. Add milk and seasonings and cook on low heat until thickened, stirring constantly. 4. Add dissolved gelatin, remove from heat, and cool. Then fold in the ham, green pepper and cream which has been stiffly beaten. Pour into a ring mold and place in cabinet to chill. 5. Remove from mold. Fill center with lettuce, and garnish with radish roses.

CASSEROLE OF LEFT-OVER VEGETABLES

- | | | |
|-----------------------------|-------------------------------|-------------------------------------|
| 2 tablespoons butter | $\frac{1}{8}$ teaspoon pepper | $\frac{1}{2}$ cup soft bread crumbs |
| 1 tablespoon flour | 1 cup milk | Grated cheese |
| $\frac{1}{2}$ teaspoon salt | 2 cups cooked vegetables | Asparagus tips |

1. Make a White Sauce of the butter, flour, salt, pepper and milk. 2. Put the vegetables and bread crumbs in a greased baking dish and add the White Sauce. 3. Arrange asparagus tips on top and sprinkle with grated cheese or paprika. Cover and place in cabinet of refrigerator until mealtime. 4. Then bake in a moderate oven (350° F.) about twenty to thirty minutes or until thoroughly heated through. This is a very good way to use up left-over vegetables, as any vegetable or combination of vegetables may be used.

LEFT-OVER MEAT AND VEGETABLE LOAF

- | | | |
|-----------------------|-----------------------------------|-------------------|
| 3 cups left-over meat | 1 cup Irish potatoes | 1 teaspoon pepper |
| 1 cup celery | 2 eggs | 2 teaspoons salt |
| 1 cup onion (raw) | 1 cup carrots | 1 cup milk |
| | $\frac{1}{4}$ teaspoon red pepper | |

1. Put meat and vegetables through meat grinder. Add pepper and salt. 2. Run through meat grinder the second time (this makes the loaf of a light texture). 3. Then add eggs and milk and mix well. Pack into loaf pan and bake one hour 350° . 4. Serve with tomato sauce or a mushroom sauce.

Left-over Recipes . . .

LAMB CROQUETTES

- | | | |
|-------------------------------|---------------------------------|---|
| 3 tablespoons butter | 1 cup milk | 1 egg |
| 4 tablespoons flour | 1 teaspoon finely chopped onion | 2 tablespoons water |
| $\frac{1}{2}$ teaspoon salt | 2 cups chopped cooked lamb | $1\frac{1}{2}$ cups dried sifted bread crumbs |
| $\frac{1}{8}$ teaspoon pepper | | |

1. Melt butter, add flour, salt and pepper and stir until smooth. 2. Add the milk gradually and bring to the boiling point, stirring constantly. 3. Add onion and lamb. Cool. 4. Shape as desired. Roll in crumbs, then in beaten egg diluted with two tablespoons cold water and again in crumbs. 5. Fry in deep hot fat (380°) until brown—about five minutes. 6. Drain on brown paper.

STUFFED EGGPLANT

- | | | |
|-------------------------|---------------------------------|-------------------------------|
| 1 medium sized eggplant | $\frac{1}{2}$ cup chopped onion | 4 tablespoons butter |
| 1 cup raw mushrooms | 1 cup minced ham | $\frac{1}{4}$ teaspoon salt |
| | | $\frac{1}{8}$ teaspoon pepper |

1. Cut slice from top of eggplant or cut in halves lengthwise; scoop out meat to within half an inch of outer skin. 2. Peel mushrooms. 3. Chop mushrooms and eggplant coarsely (do not grind) and saute in butter with onions for ten minutes. 4. Add ham and seasonings. 5. Fill eggplant shell and sprinkle top with buttered bread crumbs. 6. If this is prepared in advance, cover with waxed paper and keep in refrigerator cabinet until ready to bake. 7. Bake in a hot oven (400° F.) until thoroughly heated through and brown. Serve with thin strips of pimento. (See illustration—page 70.)

STUFFED PEPPERS

- | | | |
|--|--------------------------------|-------------------------------|
| 6 firm green peppers | $\frac{1}{2}$ cup bread crumbs | $\frac{1}{2}$ teaspoon salt |
| 2 cups chopped cooked meat (veal, beef, ham, or chicken) | (or left-over cooked rice) | 1 small onion, chopped |
| | $\frac{1}{2}$ cup stock | $\frac{1}{8}$ teaspoon pepper |
| | | Buttered bread crumbs |

1. Wash peppers, cut a piece from the stem end of each, and remove seeds. Parboil for five minutes. 2. Stuff with a mixture of the meat, bread crumbs or rice, stock, and seasonings, and top with buttered crumbs. 3. Place in baking dish, cover with waxed paper, and keep in refrigerator cabinet until about an hour before mealtime. 4. Pour stock or water around them to cover bottom of pan and bake in a moderate oven (350° F.) for forty to forty-five minutes. (See illustration—page 70.)

BAKED MACARONI WITH HAM

- | | | |
|--------------------------------|----------------|-------------------------|
| 2 cups elbow macaroni | 1 green pepper | 3 cups thin White Sauce |
| $1\frac{1}{2}$ cups minced ham | | Grated Cheese |

1. Cook macaroni in boiling salted water for ten minutes. 2. Drain off the water, add ham, chopped green pepper and White Sauce. 3. Add extra seasoning as desired. Turn into casserole and sprinkle with grated cheese. 4. If this preparation is done in advance, cool, cover casserole, and put in refrigerator cabinet. 5. At mealtime bake uncovered in a moderate oven (350° F.) for thirty to forty minutes.

... Sandwich Suggestions

TWENTY SUGGESTIONS FOR SANDWICH FILLINGS

GRATED CARROT mixed with enough mayonnaise dressing to moisten.

CHOPPED CELERY and ROQUEFORT CHEESE. (Mix finely chopped celery with mashed cheese and enough cream or mayonnaise dressing to moisten. Add a few drops Worcestershire sauce.)

SNAPPY CHEESE and PIMENTO. (Mash cheese with fork or press through sieve; mix with chopped pimento and milk or cream to moisten.)

CREAM CHEESE, CHOPPED OLIVES and MAYONNAISE.

BAKED BEANS and CHILI SAUCE. (Mash beans and moisten with chili sauce. Add chopped pickle if desired.)

CHOPPED CHICKEN, HAM and PICKLE RELISH mixed with mayonnaise dressing to moisten.

CHOPPED HAM, HARD-COOKED EGGS and PICKLE RELISH mixed with cooked or mayonnaise dressing.

CHOPPED BACON and HARD-COOKED EGG mixed with cooked or mayonnaise dressing.

HARD-COOKED EGG, TUNA FISH, PICKLE RELISH. (Mix with cooked or mayonnaise dressing to moisten.)

BEEF, VEAL or HAM LOAF with Russian dressing.

PEANUT BUTTER and CHOPPED GINGER, mixed with mayonnaise.

PEANUT BUTTER and CHOPPED DATES, mixed with mayonnaise.

SHRIMP, PINEAPPLE, CELERY and MAYONNAISE. (Chop shrimp and celery, mix with shredded pineapple and mayonnaise to moisten.)

ANCHOVY BUTTER—Butter which has been softened and mixed with anchovy paste to taste.

WATERCRESS BUTTER — finely chopped watercress blended with softened butter.

CHICKEN GIBLETS and HARD-COOKED EGG. (Chop giblets and egg and mix with mayonnaise dressing to moisten.)

TONGUE, CHOPPED CABBAGE, PICKLE and MAYONNAISE. (Mix finely chopped tongue, chopped cabbage, and chopped pickle or pickle relish, with enough mayonnaise or Russian dressing to moisten.)

CHOPPED EGG, SARDINE, and MAYONNAISE DRESSING.

SPINACH, LIVER and BRAINS. (Moisten with mayonnaise.)

SURPRISE LOAF

1 loaf sandwich bread
Mayonnaise dressing
1½ cups chopped raw
cabbage

½ cup shredded lettuce
2 cups of cheese relish
¼ pound cream cheese

½ pound yellow or
snappy cheese
seasonings
1 pimento, chopped

Remove crust from bread and slice lengthwise in thirds. Place one slice of bread on a platter and spread with mayonnaise, then with the cabbage, lettuce and pimento which have been mixed with enough mayonnaise dressing to moisten. Cover this with second slice of bread which has been spread with mayonnaise. Spread over the cheese relish and cover with the third slice. Mash cream cheese, press yellow cheese through sieve or grate it—and mix together with enough thin cream to make a soft spreading consistency. Season with salt, pepper and paprika.

Helpful Hints

1. Level measures and standard one-half measuring cups are used in all recipes.
2. All recipes in this book are planned to serve six, unless otherwise indicated.
3. Follow instruction as given in recipe to obtain the best results. Each recipe has been tested in the General Electric Kitchen Institute.
4. Do not over crowd the refrigerator shelves, as a good circulation of air is essential for food preservation.
5. Do not over crowd the shelves in *Baking or Oven Meal Cookery* in the electric oven—an even distribution of heat is essential for perfect browning.
6. In broiling fish, remove rack from broiling pan, place a piece of waterproof paper, buttered well, in bottom of pan. Place fish directly on paper. This prevents fish from sticking during the broiling.
7. In salting meats allow $\frac{3}{4}$ teaspoon of salt to each pound of meat.
8. Rub salt in well, then brush with soft butter—this tends to brown the meat a richer brown.
9. If your custard pie crust is too moist on the bottom *try this*: Bake pie shell and cool. Bake the custard in a well buttered pan of the same size and allow to cool until lukewarm. Then carefully slip the custard into the baked pie shell.
10. In making 2 crust pies, cutting the top crust $\frac{1}{2}$ inch wider than the lower crust, seal the edges by moistening with water or milk, then fold top crust under the lower, and flute with fork or fingers, prevents juices from running out.
11. Place a paper bag over food chopper when grinding bread crumbs or nuts.
12. Keep cinnamon crumb mixture for coffee cakes, rolls, etc. in covered jar in refrigerator. Use as needed.
13. Allow oranges or grape fruit to stand in warm water before peeling. White membrane will remove easily.

ABBREVIATIONS

tsp. — teaspoonful	c. — cup	oz. — ounce
tbsp. — tablespoonful	lb. — pound	min. — minute

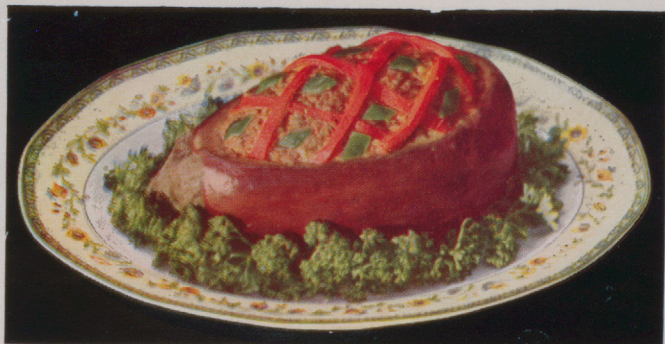
TABLE OF PROPORTIONS

- 1 tsp. of soda to 1 cup of molasses.
- $\frac{1}{2}$ tsp. of soda to 1 cup of sour milk.
- 1 level tsp. baking powder to each cup of flour for fluffy cakes.
- 2 level tsp. baking powder to each cup of flour for muffins, biscuit or waffles.
- 10 eggs (no shells) equal 1 lb.
- 1 cup of butter equals $\frac{1}{2}$ lb.
- $\frac{1}{4}$ can of a lb. can of shortening equals 1 cup. Cut in $\frac{1}{4}$'s for convenience.

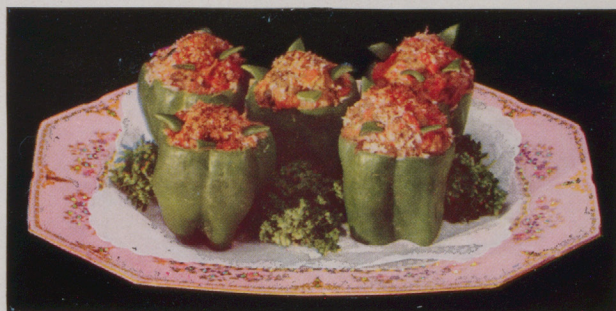


THE GENERAL ELECTRIC HOTPOINT RANGE

The Hotpoint method of cooking differs from old-fashioned fuel methods in about the same degree as a stream-lined automobile differs from an ox-cart. And, like the automobile, the modern Hotpoint Range can be used to perform marvelous feats that were never dreamed of in its predecessor's days. For speed, economy, cleanliness and accuracy, electric cookery cannot be surpassed. And, combined with all these advantages, is a dignified grace and beauty that makes the G-E Hotpoint range a decided addition to the appearance of your kitchen.



*Stuffed Egg
Plant Recipe
on Page 66.*



*Stuffed
Peppers Recipe
on Page 66.*



Casserole of Chicken Pie Recipe on Page 108.



ELECTRIC COOKERY PERFECTION is built into the General Electric Hotpoint Range Calrod . . . the world's fastest, most durable and most satisfactory heating element, developed in the famous General Electric Research Laboratories at a cost of over a million dollars . . . adds speed and new economy to the other advantages of electric cookery. Calrod is to electric cookery what the Edison Mazda lamp is to electric lighting.

In addition to Calrod no effort has been spared in other features . . . a broiler pan . . . sliding oven shelves . . . acid-resisting porcelain . . . buffet oven top . . . convenient lighting. The graceful and modern design adds style to the lasting utility of all-steel construction.

FOOD PREPARATION AND THE

General Electric Hotpoint Range

THE modern home manager knows that her family's well-being is dependent upon the meals she serves three times a day, every day of the year. She is proud of her skill in learning new dishes and discovering new and better cooking methods through modern time-saving devices and the latest inventions of science in the field of nutrition and cookery. Electric cookery has introduced new speed, cleanliness and economy to her kitchen.

Today in many thousands of Canadian homes, electric cookery does in *minutes* the work that hours did in years gone by. But, important as these hours saved may be, there is another and more vital service which *electric cookery* makes possible:

The health value of foods prepared electrically cannot be matched by any other cooking method. The heat of the General Electric Range is scientifically measured and controlled, thus permitting the *modern waterless* method of cooking. Foods cook in their own juices. All the health-giving and body-building minerals and vitamins present in foods are retained.

The heat in the oven of the General Electric Range is controlled by an automatic temperature control which automatically cooks the food, maintaining any desired temperature for any length of time, without worry or attention from the home-maker. The food may be previously prepared and placed in the oven, and

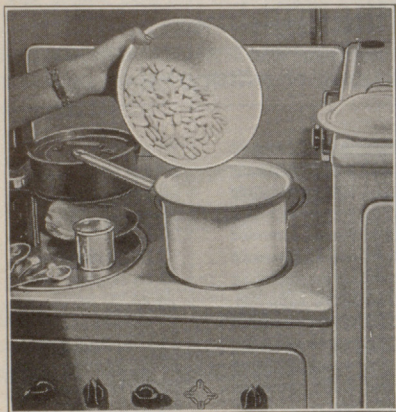


the electric timing device will start the cooking operation at any moment desired.

The General Electric Thrift Cooker in the Hotpoint range enables one to buy the less expensive cuts of meat and to serve them *tender, flavorful and delicious*. The General Electric Calrod heating unit furnishes *speed* in surface cookery and the heat is so controlled and measured that foods are cooked in their natural juices. The old fashioned double boiler is no longer needed for the much favored rarebit and sauces.

The following chapters will give you some excellent recipe suggestions, but you may use any recipe you desire and adopt it to the temperature and time of cooking recommended.

HOW TO USE THE *Surface Units*



THE science of cooking vegetables and fruits seeks to conserve all possible food values and at the same time preserve the color and give appetite appeal.

The controlled heat of the General Electric Hotpoint Surface Units permits you to cook vegetables the modern waterless way, steaming rather than boiling, thus preserving the food value and at the same time preserving the color. To retain this natural color of fresh vegetables and fruits, we should be careful not to over-cook them.

In making various sauces, custards, rarebits, etc. on the General Electric Hotpoint range there is no need for a double boiler. The heat of the surface unit is controlled. We cook by measured heat and with the switch turned to **LOW** the heat is equivalent to that of a double boiler.

TYPE OF UTENSIL

The type of utensil used for the electric range surface may be made of any kind of material. We recommend that you select a utensil with a flat bottom to fit the unit, straight sides and a close fitting cover. (See illustration for utensil.)

HOW TO OPERATE THE SWITCHES

The heat is controlled by a switch marked **HIGH**, **MEDIUM**, **LOW** and **OFF**. These heats are used as follows:

HIGH—used for bringing foods to the steaming point, heating water or for preheating fat for frying.

MEDIUM—used for maintaining a frying temperature after the fat has been preheated.

LOW—use after food is steaming to complete the cooking. For cooking of dried fruits and vegetables, also for foods of high protein content, such as custards, cheese sauces, melting chocolate, etc. This eliminates the use of the double boiler.

OFF—considerable cooking may be done with the unit turned entirely **OFF**. The General Electric Calrod unit retains enough heat to continue cooking foods 15 minutes after the heat is **OFF**. This saves electric current.

NOTE—For more detailed information refer to General Electric Range Instruction Book.

SURFACE UNIT COOKERY

A vegetable cookery guide showing the amount of water to be used and a total time for cooking has been prepared for your convenience. In preparing this *Cookery Guide* utensils of standard make and suitable for electric range cookery were used. The food was cut in uniform size and the General Electric cold water measure, or $\frac{2}{3}$ cup in standard cup measure of water was used. The time required for cooking various foods depends somewhat upon the age, freshness, size of vegetable and the amount being cooked.

KIND OF FOOD	USE CUPS OF WATER	TIME OF COOKING
VEGETABLES		
ASPARAGUS	1 cold water measure	20 to 40 min.
BEANS—Green	1 cold water measure	1 to 2 hrs.
Lima or butter	2 cold water measure	30 to 40 min.
BEETS—young (peeled and sliced)	1 cold water measure	30 to 40 min.
BROCCOLI	1 cold water measure	20 min.
CABBAGE OR BRUSSELS SPROUTS	1 cold water measure	15 to 20 min.
CARROTS	1 cold water measure	20 to 30 min.
CAULIFLOWER	1 cold water measure	15 to 20 min.
CORN ON COB	1 cold water measure	10 to 15 min.
GREENS—beets, turnips or mustard	1 cold water measure	45 min. to 1 hr.
ONIONS	1 cold water measure	25 to 30 min.
OKRA	1 cold water measure	20 to 30 min.
PARSNIPS	1 cold water measure	30 to 40 min.
PEAS	1 cold water measure	20 to 40 min.
POTATOES	1 cold water measure	25 to 35 min.
POTATOES—Sweet	1 cold water measure	20 to 30 min.
SPINACH	No water	15 to 20 min.
SQUASH—Summer	1 cold water measure	30 to 35 min.
TOMATOES—Stewed	No water	15 to 20 min.
TURNIPS	1 cold water measure	30 to 45 min.
FRUITS—fresh		
APPLES, PEACHES OR PEARS	1 cold water measure	20 to 30 min.
RHUBARB	1 cold water measure	15 to 20 min.
FRUITS—dried (not pre-soaked)		
PRUNES—per lb.	2 standard measure	1 to $1\frac{1}{4}$ hrs.
APRICOTS—per lb.	2 standard measure	1 hour
PEACHES—per lb.	2 standard measure	1 hour
*DRIED VEGETABLE (Soak 1 hr. and drain)		
BEANS AND PEAS—per lb.	3 to 4 standard measure	$1\frac{1}{2}$ to 2 hrs.
LIMA BEANS—per lb.	4 to 5 standard measure	$1\frac{1}{2}$ to 2 hrs.
CEREAL		
OATMEAL	3 cups to 1 cup of cereal	2 to 3 hrs.
ROLLED OATS	2 cups to 1 cup of cereal	30 to 60 min.
RICE	3 cups to 1 cup of cereal	30 to 40 min.
CREAM OF WHEAT—WHEATENA	3 cups to 1 cup of cereal	30 to 60 min.
HOMINY GRITS	3 cups to 1 cup of cereal	30 to 45 min.

* These may be cooked in Thrift Cooker using LOW heat—6 to 8 hours. Also dried fruits cook 3 to 4 hours.

... Surface Unit Recipes

EGG COOKERY

Eggs are steamed rather than boiled on the electric range. A small amount of water and regular saucepan is used.

1. **SOFT COOKED EGGS:** Allow 1 tbsp. of water to each egg, cover utensil. Cook on HIGH two minutes, then turn LOW and steam eggs number of minutes required—3, 4 or 5 minutes. 2. **HARD COOKED EGGS:** Allow 1 tbsp. of water to each egg. Cover utensil. Turn switch to LOW. Cook 20 to 30 minutes.

WELSH RAREBIT

2 tablespoons butter
 $\frac{1}{2}$ teaspoon salt
1 cup top milk (or beer)
1 egg

$\frac{1}{2}$ lb. cheese—cut in
cubes

$\frac{1}{2}$ teaspoon dry mustard
1 tablespoon Worcester-
shire sauce
Dash of cayenne

1. Mix butter, milk (or beer), salt and egg. Put in saucepan, place on unit. Switch turned to LOW while cutting cheese. 2. Add cheese and continue to cook, stirring until cheese has melted. Add mustard and Worcestershire sauce. 3. Serve on Melba toast and garnish with crisp bacon and parsley.

BASIC CREAM FILLING FOR PIES

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup Cornstarch or
 $\frac{1}{2}$ cup flour

2 cups milk
3 egg yolks

Pinch salt
 $\frac{1}{2}$ teaspoon vanilla
3 egg whites

1. Scald milk using HIGH (4 to 5 min.) then turn to LOW. 2. Mix sugar, cornstarch and salt. Mix with $\frac{1}{4}$ cup of cold milk. 3. Add scalded milk and cook on LOW 8 to 10 minutes. 4. Add egg yolks and cook 2 to 3 minutes. Add vanilla. Cool. 5. Pour into baked pie shell. Cover with meringue made of 3 egg whites and 6 tablespoons sugar. 6. Bake 10 to 12 minutes—325°.

Variations: **COCOANUT PIE:** Add 1 cup grated cocoanut. 2. **PINEAPPLE PIE:** Add 1 cup shredded pineapple. 3. **CHOCOLATE PIE:** Add 2 sq. grated chocolate. 4. **DATE PIE:** Add 1 cup chopped dates. 5. **LEMON PIE:** Substitute $1\frac{1}{2}$ cups hot water for milk. Add $\frac{1}{3}$ cup lemon juice, 1 tsp. grated rind and 2 tbsp. butter.

Melting of Chocolate: Slightly butter shallow pan. Cut chocolate into pieces, put into saucepan. Place on unit. Turn switch to LOW and melt, stirring occasionally. The butter prevents chocolate from sticking.

Custard Sauce: In preparing custard sauce or boiled custard, use your favorite recipe. Scald the milk using the switch turned to HIGH. Then turn to LOW. Add the milk to the egg and sugar mixture and cook, stirring occasionally until thick. (See Recipe for Dominion Ice Cream, page 58.)

Surface Unit Recipes . . .

FRUITED SPANISH CREAM

2 egg yolks	2 egg whites	1 cup pineapple cubes
$\frac{1}{2}$ cup sugar	1 tablespoon gelatin	1 cup strawberries
1 cup milk (scald)	soak in	$\frac{1}{2}$ cup macaroon crumbs
1 tablespoon lemon juice	$\frac{1}{4}$ cup cold water	

1. Make custard of egg yolks, sugar and milk. Cook on LOW heat until thickened. Add soaked gelatin, dissolve thoroughly. Cool. 2. As custard mixture begins to thicken, add fruit cut in cubes, lemon juice and macaroons. Fold in beaten whites. 3. Turn into large mold or individual molds and chill. 4. Serve and garnish with whipped cream and whole berries.

SPANISH RICE

$\frac{1}{2}$ cup shortening	1 cup diced celery	$\frac{1}{2}$ teaspoon pepper
1 clove garlic (mince)	$3\frac{1}{2}$ cups tomatoes	2 tablespoons Worcestershire sauce
1 cup sliced onions	and juice	1 cup rice (wash and dry)
1 lb. ground meat	2 teaspoons salt	
1 green pepper—cut		

1. Melt fat. Brown garlic and onion slightly, using HIGH heat. 2. Add meat and brown. 3. Then add pepper, celery, tomatoes and seasoning. Cover and cook on HIGH until steaming. 4. Stir mixture. Sprinkle rice over top. Do not stir after adding rice. Cover. 5. Turn switch to LOW and cook without removing cover for 30 minutes. Cook OFF 15 minutes. 6. May substitute $\frac{1}{2}$ package of spaghetti for the rice.

CHOP SUEY

$\frac{1}{2}$ lb. veal or pork	$1\frac{1}{2}$ cups meat stock	2 tablespoons Chinese sauce
3 tablespoons shortening	$\frac{1}{2}$ cup sliced mushrooms	1 can Chinese Sprouts
1 cup onion	2 tablespoons Chinese Brown LaChoy	1 can fried noodles
2 cups celery		Salted almonds if desired
Salt and pepper		

1. Prepare meat—cutting into cubes or thin slices. 2. Preheat fat. Brown onion slightly, remove and brown meat. 3. Add celery, browned onions, mushrooms, seasoning and meat stock. 4. Cook until steaming, then turn LOW and cook 45 minutes. 5. Add LaChoy and Chinese Sauce and the Chinese Sprouts. Heat thoroughly. 6. Serve with fried noodles, fluffy rice and sprinkle with chopped parsley and salted almonds.

DOUGHNUTS

1 egg	2 tablespoons melted shortening	$\frac{1}{2}$ teaspoon cinnamon
$\frac{3}{4}$ cup sugar	3 teaspoons baking powder	$\frac{1}{4}$ teaspoon nutmeg
1 cup milk		3 to 4 cups flour

1. Beat egg slightly, add milk, sugar and melted shortening. 2. Sift dry ingredients together and add to first mixture. 3. Mix well. Turn onto a floured board. Knead slightly. Place in refrigerator and chill. 4. Roll $\frac{1}{4}$ inch thick. Cut with doughnut cutter and fry in deep hot fat (380°) 4 to 5 minutes. Turn once during cooking. 5. Drain on paper and roll in sugar.

... Surface Unit Recipes

SOUTHERN FRIED CHICKEN

2 to 3-lb. young chicken
Salt

Pepper
Top Milk
2 cups milk

Flour
Fat for frying

1. Prepare chicken, cut for frying (disjoint), salt well, drain off excess water. Sprinkle with pepper. 2. Dip each piece of chicken into the top milk, then into the flour. 3. Cook in hot fat (enough to cover chicken) until a golden brown. Turn chicken so that each piece browns evenly. When cooked remove from frying pan to a hot platter. 4. Drain fat off, leaving about $\frac{1}{4}$ cup. 5. To make gravy: Add to this 2 tbsp. butter, 6 level tbsp. flour—brown slightly, stirring. Add milk and season with salt and pepper. Cook 8 to 10 minutes. Serve in gravy bowl. (See illustration—page 81.)

FRENCH FRIED POTATOES

Wash and pare potatoes, cut into lengths about $\frac{1}{8}$ to $\frac{1}{4}$ inch thick. Soak 30 to 45 minutes in ice water. Drain and dry. Fry in preheated fat (390° F.) turn switch to MEDIUM until a golden brown (5 to 8 minutes). Shake onto a sheet of paper to absorb any fat and sprinkle with salt.

FRENCH FRIED ONIONS

Peel and cut onions in $\frac{1}{4}$ inch slices and separate into circles. Salt and pepper—dip into milk, then into the flour or bread crumbs. Fry in preheated fat (390°) until a golden brown (4 to 6 minutes). Shake onto a sheet of paper to absorb any fat.

Variation: Asparagus, cauliflower, green pepper, egg plant, or celery. These vegetables should be pre-cooked for a few minutes and thoroughly drained.

FOUNDATION RECIPE FOR FRITTERS

2 eggs
 $\frac{3}{4}$ cup milk

$\frac{1}{2}$ teaspoon salt
1 teaspoon melted butter
1 cup flour

1 teaspoon baking
powder

1. Beat eggs slightly, add milk, salt and melted butter. 2. Add flour sifted with baking powder. 3. Beat until smooth. May use immediately or store in covered bowl and keep in refrigerator cabinet for several days. Add variation desired and fry in deep hot fat (380°)—3 to 5 minutes.

Variations: 1. CHEESE FRITTERS: Add $\frac{1}{2}$ cup of grated American cheese. 2. RICE FRITTERS: Add 1 tbsp. sugar and 1 cup of cooked rice. Serve with jelly. 3. VEGETABLE FRITTERS: Add 1 cup of corn or may dip pieces of vegetable such as cauliflower, tomato, etc., into batter. 4. FRUIT FRITTERS: Add 1 tbsp. sugar and dip apple, pineapple, etc., into batter.

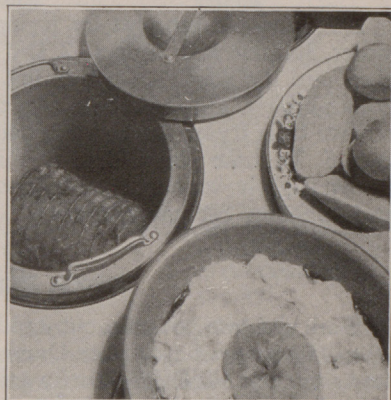
HOW TO USE THE

Thrift Cooker

THE General Electric Thrift Cooker is a piece of equipment installed on the surface of the General Electric Hotpoint Range. It is designed for long, slow cookery, but may be adapted for other cooking. The Thrift Cooker is so named because of the fact that several foods of different flavors may be cooked in the same container without the transfer of flavor, thus proving economical in its operation.

It is the constant supply of heat maintained at an even temperature that permits the cooking of strong and mild flavored vegetables or a meal of meat, vegetables and dessert. We recommend that the meal be removed when cooking is completed—do not allow to stand after the heat has been turned off.

The Thrift Cooker is equipped with a large aluminum kettle, wire



rack and deep frying basket. The cover is insulated. The heat of the General Electric Thrift Cooker is controlled by a switch marked—HIGH — MEDIUM — LOW and OFF. These are used as follows.

HIGH heat is used for browning meats, bringing foods to the steaming point and baking.

MEDIUM heat is used when sterilizing and sometimes in roasting or meal cookery.

Low heat is used for maintaining the steaming point after steam appears at vent, for soup cookery, dried vegetable and fruits.

Due to the constant supply of low even heat, fruits and vegetables are cooked in the thrift cooker without pre-soaking.



... Thrift Cooker Recipes

PORK LOIN ROAST

Sweet Potatoes
Spiced Apple Pudding

Onions
Lemon Sauce

1. Preheat Thrift Cooker 10 minutes—using HIGH heat. 2. Place meat in cooker and brown, turning occasionally. Season. (Leave cover ajar so steam escapes. See illustrations page 78.) 3. Arrange sweet potatoes and onions around roast. Place perforated rack over vegetable. Place apple pudding on rack and cover. 4. Continue to cook on HIGH heat until steam appears at vent. Then turn to LOW to complete cooking. 5. Time Pork Roast 30 minutes per lb. after browning. Start timing when vegetable and pudding are placed in cooker. Serve on platter and garnish with parsley. (See illustration page 82.)

SWISS STEAK WITH ONIONS

Potatoes

• Cherry Pot Pie

Turnips

1. Select a round steak cut $1\frac{1}{2}$ to 2 inches thick (top round). Cut in size to fit cooker or into individual servings. Dredge well with flour, adding salt, pepper and $\frac{1}{2}$ tsp. mustard. 2. Brown steak in frying pan on surface (using enough fat to brown nicely) using HIGH heat. 3. Add steak to preheated cooker. Add sliced onions and $\frac{1}{4}$ cup water. Arrange rack over onions and place potatoes and turnips on rack. Arrange Cherry Pot Pie on vegetables and cover. 4. Cook on HIGH heat until steam appears at vent. Then turn to LOW to complete cooking. 5. Time the steak 45 minutes per lb. after browning. Start timing when vegetable and pudding are placed in cooker. Serve on platter and garnish with potatoes mashed and parsley.

POT ROAST WITH VEGETABLES

1. Select a 3 to 4 lb. pot roast. (Shoulder, Rump or Chuck.) Prepare for roasting. 2. Preheat cooker 10 minutes using HIGH heat. 3. Add 2 tbsp. butter and brown roast on all sides. (Turn occasionally.) 4. When brown, add $\frac{3}{4}$ tsp. salt to each lb. of meat, $\frac{1}{4}$ tsp. pepper and other seasoning as desired. Add whole vegetable—salt. 5. Continue to cook on HIGH until steam appears at vent (10 to 15 min.). Then turn LOW to complete the cooking. 6. Time the roast 45 minutes per lb. of roast. If a 4 lb. roast, cook 3 hours after browning. If a larger roast is used, cook the roast 2 hours before adding the vegetable, then add the vegetable the last hour or so and continue to cook until vegetables are tender.

VEGETABLE LUNCHEON

String Beans

Potatoes

Onions

Carrots

1. Prepare beans and place in cooker kettle (remove rack) add salt and seasoning. (No water.) Turn switch to HIGH and cook for 15 minutes. Stir beans. 2. Then place rack over beans and arrange potatoes, onions and carrots. Cover. 3. Continue to cook on HIGH until steam appears at vent, then turn to LOW for 30 minutes or until vegetables are tender. 4. Serve on platter and garnish with parsley.

Thrift Cooker Recipes . . .

LAMB CHOPS, LONDON STYLE

8 shoulder lamb chops
12 medium sized
potatoes (sliced)

1 onion, sliced

$\frac{1}{4}$ cup butter
Salt and pepper
1 cup water

1. Brown chops in frying pan using surface unit. 2. As chops are browned, arrange chops in bottom of cooker, then a layer of potatoes and onions and season, then another layer until all is used. 3. Add 1 cup water—cook on HIGH until steam appears at vent, then turn LOW $1\frac{1}{2}$ hours. 4. Serve on chop plate and surround with buttered peas.

SAVORY BAKED BEANS

1 lb. navy beans
2 tablespoons brown
sugar

1 teaspoon mustard
2 teaspoons salt
1 medium onion, sliced

$\frac{1}{4}$ lb. salt pork
 $\frac{1}{4}$ teaspoon pepper
4 cups water

1. Soak beans 1 hour in warm water to remove any strong flavor. 2. Place beans, seasoning, salt pork, sliced, in thrift cooker kettle. Add water and cover. 3. Turn switch to LOW. Cook 8 to 10 hours. May cook over night. 4. Turn into baking pan and bake 350° —30 minutes to brown bacon.

Variations: For Boston Baked Beans add 2 tbsp. molasses and 2 tbsp. catsup.

CRUMB PUDDING

$\frac{3}{4}$ cup sugar
3 tablespoons melted butter
2 cups toasted bread crumbs

$1\frac{1}{2}$ teaspoons nutmeg
1 teaspoon orange or
lemon rind

1 cup raisins or dates
1 cup buttermilk
1 teaspoon soda

1. Mix in order given. 2. Turn into a buttered mold and steam $1\frac{1}{2}$ to 2 hours. 3. Serve with Apricot Cream Sauce.

APPLE PUDDING

$1\frac{1}{2}$ cups flour
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{2}$ to $\frac{3}{4}$ cup milk
2 teaspoons baking
powder
 $\frac{1}{2}$ teaspoon salt
4 tablespoons shortening.

$1\frac{1}{2}$ cups sliced apples
2 tablespoons butter
 $\frac{1}{4}$ cup sugar
Juice of $\frac{1}{2}$ lemon

1. Sift and measure flour—then add sugar, spices, baking powder, salt. Sift together. 2. Cut fat into flour, using fork or pastry blender. 3. Add $\frac{1}{2}$ cup apples, chopped, and milk to make a soft dough. 4. Melt butter in bottom of small pudding pan. Add sugar and remaining apples and lemon juice. Pour the batter over the apples. 5. Steam— $1\frac{1}{2}$ to 2 hours—with meal. 6. Serve hot with lemon sauce or cream. (See illustration—page 82.)

MISCELLANEOUS SUGGESTIONS

1. WARMING ROLLS: Add 3 to 4 tablespoons water to cooker. Arrange rolls on rack, turn switch to HIGH 15 to 20 minutes. Stale rolls will become nice and fluffy when reheated this method. 2. STERILIZING baby bottles or jelly glasses—Add 1 cup water. Arrange glasses in cooker. Turn switch to HIGH until steaming then MEDIUM for 45 minutes to 1 hour. 3. BAKING, ETC.: See General Electric Range instruction book for detail information.



Fresh Lima Beans and Brussels Sprouts

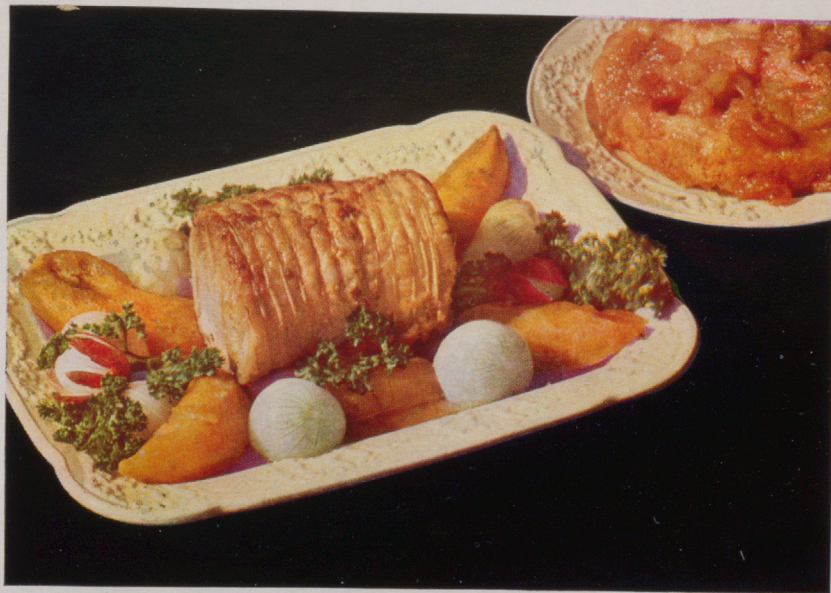


Southern Fried Chicken, Cream Gravy and Hot Biscuits

Recipes on Pages 77-90.



Vegetable Plate Individual Service.



Roast Pork Loin with Vegetable and Spiced Apple Pudding

Recipes on Pages 79-80.

HOW TO USE THE

Oven

THE General Electric Hotpoint oven is ideal for roasting, baking, preserving, canning and broiling. The superiority of the electric oven lies in the ideal quality of heat which is perfectly controlled, even and dependable. The same results are produced each time. We have more moisture, more flavor and a finer textured product.

1. THE OVEN SWITCH: The oven switch controls the upper and lower unit in your oven. The switch is marked PREHEAT, BAKE, BROIL, and OFF. The heats are used as follows:

A—PREHEAT: Used in preheating the oven to any desired temperature.

B—BAKE: Used after the oven has been preheated in baking cakes, pies, etc., large roasts of meat such as a ham, some oven meals and canning.

C—BROIL: Used in broiling, making toast and toasted sandwiches.

2. THE TEMPERATURE CONTROL: Two styles of Oven Temperature Control are supplied with Hotpoint Ranges. Follow directions given in the instruction book which accompanies the range. The temperature is accurately controlled during the cooking period to assure meats,



pies, cakes and bread coming out exactly right—temptingly delicious every time.

3. THE GENERAL ELECTRIC OVEN TIME CONTROL: The General Electric Timer starts and stops the cooking operation. Complete operating instructions are printed on the back of each timer. For greater convenience in cooking oven meals or larger roasts use the General Electric Timer.

4. UTILIZING STORED HEAT: After cooking biscuit muffins, or an oven meal, the heat “lingers on” long after the electricity has been turned off. Plan to cook prunes or other fruits, simple cookies or small muffins to utilize this heat. Have ready to put into the oven immediately and they cook on stored heat. This proves economical.

Oven Meal Cookery

THE term "oven meal" as it is used today usually refers to the preparation of a whole meal in the oven at one time.

This conforms to modern methods of meat roasting and vegetable cookery. Oven meal cookery on the Hotpoint Range means economy of electricity and the release of time. After the meal is prepared and placed in the oven, the home manager is free for other activities. The automatic electric timer starts and stops the cooking operation and the temperature control automatically maintains the desired temperature.

For oven meals prepared in the Hotpoint Range oven no special recipes or equipment are required, but thought must be given to the planning of the menu. Choose foods that will cook at the same temper-



ature and for the same length of time; inexpensive roasts and fibrous vegetables for a longer cooking period; choicer cuts of meat and more delicate vegetables for a shorter period of time.

THE FOLLOWING SUGGESTIONS ARE GIVEN FOR OVEN MEAL COOKERY

1. Use a shallow uncovered pan for meat roasting similar to the one in the illustration. This assures better browning and added flavor. Searing of meats is no longer necessary. The moist, even heat of the electric range produces an evenly cooked meat, tender and juicy. And there is less shrinkage.
2. Use covered utensils or baking dishes for vegetables and desserts. See illustration.
3. Add only a small amount of water ($\frac{1}{2}$ cup to $\frac{2}{3}$ cup) for fresh vegetable. Vegetables require a longer time of cooking in the oven. For example: Potatoes steamed at 350° will require $1\frac{1}{2}$ to 2 hours.

Other vegetables the same. Salt and season when placed in oven.

4. Arrange foods in the oven to allow space on all sides. This gives an even circulation of heat.

5. It is not necessary to open the door during the cooking period. The automatic temperature control constantly maintains the heat. The automatic timer is not always essential but is desirable and absolutely necessary when the dinner is to be left without attention for several hours before cooking.

The suggested oven meals have been planned and tested and will be of real service to you and add variety to your meal planning.

... Oven Meals

(All foods placed in cold oven)

ROAST CHICKEN (4 LBS.) SAVORY DRESSING*
NEW POTATOES—PARSLEY BUTTER GREEN BEANS
PEARS BAKED IN GINGER SYRUP*

Temperature 350°. Time—2 hours. _____

Switch Position—Bake.

ROAST LEG OF LAMB (4 TO 5 LBS.)
SAVORY POTATOES CARROTS AND PEAS
DEEP DISH FRUIT PIE*

Temperature 350°. Time—2 to 2½ hours. _____

Switch Position—Bake.

FRESH PORK LOAF
GLAZED SWEET POTATOES NEW LIMA BEANS
SPICED APRICOTS

Temperature 375°. Time—1½ hours. _____

Switch Position—Bake.

TOMATO MEAT LOAF—MUSHROOM SAUCE
BAKED POTATOES CORN SUPREME
SCALLOPED APPLES

Temperature 400°. Time—1¼ hours. _____

Switch Position—Bake.

RIB ROAST OF BEEF
BROWNEO POTATOES BAKED SQUASH
CHERRY COBBLER

Temperature 375°.

Switch Position—Bake.

Time will depend whether meat is to be cooked rare, medium or well done.

STUFFED SHOULDER OF VEAL
STEAMED RICE BAKED TURNIPS AND CARROTS
PEACH BROWN BETTY

Temperature 350°. Time—2 hours. _____

Switch Position—Bake.

ROAST DUCK
NEW BUTTER BEANS GLAZED CARROTS
PLUM DUMPLINGS

Temperature 325°. Time—2½ hours.

Switch Position—Bake.

* Recipes given in Miscellaneous Suggestions.

Meat Cookery . . .

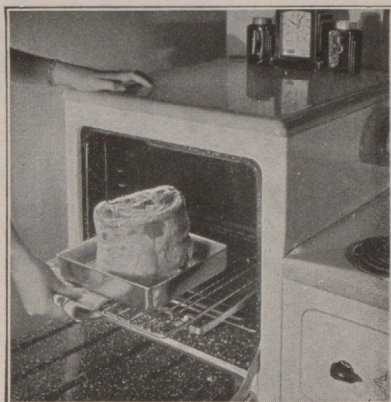
THE Hotpoint oven is ideal for roasting the most expensive cuts of meat or the less expensive cuts. Roasts cooked in the electric oven develop a nice brown appearance, juicy and tender.

The even flow of heat, automatically controlled, eliminates the searing of meats in a very hot oven. Also the covered roasting pan is no longer needed.

The time of cooking meats will vary according to the weight and cut of the meat roasted.

DIRECTIONS FOR ROASTING

1. Select meat, wipe with damp cloth and weigh.
2. Place in open pan. Rub with soft butter. This flavors the meat as well as giving a nice brown appearance. Salt after one hour's roasting.
3. Place meat to be roasted in electric oven.
4. Set temperature control to desired temperature and turn switch to PRE-HEAT. (If roast weighs over 8 lbs. turn switch to BAKE.)
5. Cook required number of minutes per lb. For example—Rib Roast of Beef weighing 4 lbs. to be cooked medium done should cook $1\frac{1}{2}$ hours.
6. See "Time and Temperature Chart" for various meats.



BRAISING: Is cooking in a covered utensil with a small amount of water. The delicious brown gravy is achieved by first browning the meat in fat, add vegetable as desired and small amount of water. Cover and cook slowly until tender.

FRICASSEING: The proper fricassee calls for browning the meat or chicken either before or after cooking. To brown it before cooking is easier and gives it a better flavor. Cover and cook slowly until tender.

Braising or Fricasseeing may be done in the Thrift Cooker or oven. (300° temperature.)

FROZEN MEATS

Quick frozen meats are fresh meats which are subjected to a sufficiently low temperature to freeze the tissues without breaking them. Frozen meats are prepared as fresh meats.

TIME AND TEMPERATURE CHART

THE following time table is prepared as a guide in cooking various foods in your Hotpoint Oven. The time will vary according to the size of pan, thickness of cake, biscuit or cookies. We have used the standard type of utensil and suggest that you try out your own individual pans and make a note of time accordingly. This will assure you of the same results.

BAKING TEMPERATURES

(Preheat the oven to desired temperature, then turn Switch to **BAKE** at least 5 minutes before placing mixture in oven. This allows upper element to cool and baking to be done by bottom element only.)

FOODS	TEMPERATURE	TIME
BREADS		
BISCUITS (rolled $\frac{1}{2}$ " thick)	475°	12 min.
WHITE BREAD ($1\frac{1}{4}$ lb. loaves)	400	60 min.
NUT BREAD	375	60 min.
CORN BREAD	450	30 min.
CORN MUFFINS	425	25 to 30 min.
MUFFINS	425	25 to 30 min.
POP-OVERS	425	30 to 35 min.
CINNAMON ROLLS	425	20 min.
YEAST ROLLS	400	20 to 30 min.
COFFEE CAKE	425	30 min.
CAKES		
ANGEL (cold oven to start, switch on BAKE)	325	1 to $1\frac{1}{4}$ hrs.
SPONGE	325	50 to 60 min.
LAYER (white or yellow)	375	25 to 30 min.
LAYER—chocolate	350	30 min.
LOAF CAKE—white	350	50 to 60 min.
LOAF CAKE—pound	325	1 to $1\frac{1}{4}$ hrs.
CUP CAKES	375	25 min.
FRUIT CAKES—Large	275	3 to 4 hours
Small	325	$1\frac{1}{2}$ to 2 hours
COOKIES		
REFRIGERATOR	425	10 to 12 min.
BROWNIES	350	20 to 30 min.
DROP	400	12 to 15 min.
THIN ROLLED	400	8 to 10 min.
MACAROONS	300	15 to 20 min.
GINGERBREAD	350	30 min.
PASTRIES		
PIE SHELL	475	10 to 12 min.
PIES—fruit	475 for 10 min. then	20 to 30 min.
custard	450 for 10 min. then	20 to 30 min.
pumpkin	450 for 10 min. then	30 min.
CHEESE STRAWS	475	8 to 10 min.
CREAM PUFFS	400	30 to 45 min.
MISCELLANEOUS		
CUSTARDS (place dish in shallow pan with small amount of water)	300	30 to 60 min.
SOUFFLES (place dish in shallow pan with small amount of water)	325	30 to 45 min.
PUDDINGS—rice, etc.	325	50 min.
SCALLOPED DISHES	400	12 to 30 min.
MERINGUES	300	30 min.

TIME AND TEMPERATURE CHART

MEAT COOKERY

(Place meat in cold oven, in shallow uncovered pan, with switch on **PREHEAT**.
Leave in Preheat position during entire roasting period.)

FOODS	TEMPERATURE	TIME PER POUND
STANDING RIB OF BEEF	325°	Rare 25 minutes
ROLLED RIB OF BEEF—Add 5 min. per lb. to the above time		Medium 30 minutes Well done 35 to 40 min.
LAMB	325	35 minutes
PORK	325	35 to 40 minutes
VEAL	325	35 minutes
CHICKEN	325	30 minutes
DUCK	325	30 minutes
GOOSE	325	30 minutes
FISH—Large	400	15 to 20 minutes
Small	400	10 minutes
LESS TENDER CUTS OF MEAT		
BEEF	300	45 minutes
VEAL, PORK OR CHICKEN	300	45 minutes
*LARGE ROAST OF MEAT		
HAM—TURKEY OR BEEF		
10 to 12 lbs.	325	25 minutes
12 to 15 lbs.	300	20 minutes
Over 15 lbs.	300	15 to 18 minutes

*In cooking large roasts of meat there is more surface for the heat to penetrate, therefore the cooking time per lb. is reduced. The roast is placed in cold oven and the oven switch turned to **BAKE**. It is also advisable to use **BAKE** position for large turkey after 300° has been reached.

BROILING OF MEATS

The time of broiling meats will depend upon the condition of meat as well as the thickness of the portion to be broiled. For nice juicy, tender meats, select portion to be broiled at least 1 inch thick. Turn only once. (See Broiling Directions.)

STEAKS	THICKNESS	WEIGHT	TIME
PORTERHOUSE	1 inch	2 lbs.	Rare 8 min. on each side Medium 10 min. on each side Well done 12 to 15 min. on each side
CHICKEN	1½ to 2 lb. size		15 minutes per lb.
FISH			12 to 15 minutes
CHOPS	1 inch thick		15 to 20 minutes
BACON			8 to 10 minutes
SAUSAGE			12 to 15 minutes

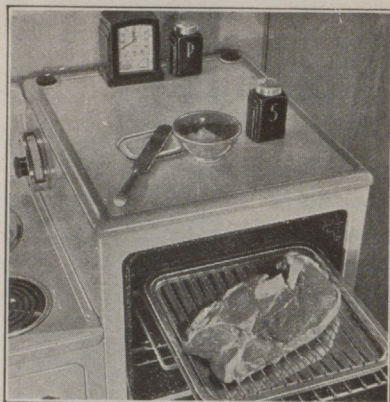
... Broiling

BROILING is a method of cooking meat by the application of direct heat. In the General Electric Hotpoint Range this is accomplished by using the oven switch on BROIL—which in turn heats the Calrod unit in upper section of oven to a glowing red.

The broiler pan furnished with the General Electric Hotpoint range is used for broiling meats. This pan is designed to protect the fats from overheating — thus eliminating smoke in broiling. The broiler pan fits into the adjustable sliding shelves and brings the food out in easy reach for turning the material being broiled.

BROILING DIRECTIONS

1. Switch unit to BROIL (see illustration) and set control to around 400°. 2. Preheat the unit to a *glowing red*. (Do not heat oven, only top unit.) 3. Wipe meat for broiling with a damp cloth—brush over with soft butter. 4. Arrange on rack



and place broiling pan on shelf. 5. Adjustable shelf is placed in second side rack from top for most broiling. (If a very crisp brown is desired place in the first rack from top.) 6. Brown the meat on one side, season, then turn to brown and complete the cooking. If an extra thick piece of meat, it may be necessary to lower to third side rack after browning to cook well done. (See chart for time.) 7. Leave oven door ajar while broiling.

BROILER MEALS

INDIVIDUAL STEAKS WITH MUSHROOMS
 CALF'S LIVER BACON BROILED TOMATOES
 LAMB CHOP WITH ORANGE SLICES
 STUFFED POTATOES GREEN PEAS
 LUNCHEON PORK CHOPS
 SWEET POTATOES APPLE RINGS
 ROYAL HAMBURGER
 SAUTE SQUASH GRILLED PEARS
 BROILED FISH—POTATO BALLS
 GRILLED EGG PLANT BROILED TOMATOES

GRILLED SAUSAGE
 APPLE RINGS POTATO CAKES
 BROILED CRISP BACON
 INDIVIDUAL OMELETS TOAST
 BROILED CANADIAN BACON
 SCRAMBLED EGGS TOASTED MUFFINS
 HAM SUPREME*
 SWEET POTATO CROQUETTES* SAUTE CORN

*Recipes given in Recipe Sections.

Breads . . .

BAKING POWDER BISCUITS

(2½ doz. medium size biscuits)

3 cups flour		1 teaspoon salt
5 teaspoons baking powder	1 cup milk	6 tablespoons shortening

1. Sift flour. Measure flour and dry ingredients. Sift together. 2. Cut in shortening with fork or pastry blender. 3. Add milk. Mix lightly. 4. Turn onto floured board. Knead lightly and roll $\frac{1}{2}$ to $\frac{3}{4}$ inch thick. Cut and arrange on baking sheet. 5. Bake in 475° oven—12 minutes. 6. If you do not use all at one baking, wrap with waxed paper and store in your refrigerator cabinet for future use.

Variations: 1. MEAT ROLL: Roll $\frac{1}{4}$ inch thick, spread with left-over meat cut fine and mixed with white sauce. Roll like jelly roll. Bake 425°—20 to 30 minutes. Serve with cream gravy. 2. ORANGE TEA ROLL: Roll $\frac{1}{4}$ inch thick, spread with soft butter then orange marmalade and chopped nuts. Roll like jelly roll. Cut in $\frac{1}{2}$ inch pieces and bake 12 to 15 minutes 450°. 3. PECAN ROLLS: Prepare muffin tins—butter generously, add 1 tbsp. of brown sugar and 1 tbsp. chopped nuts. Add biscuit dough cut $\frac{1}{2}$ inch thick. Bake 425°—25 minutes. 4. CHEESE BISCUIT: Add $\frac{3}{4}$ cup grated cheese, $\frac{1}{4}$ tsp. paprika. Roll $\frac{1}{4}$ inch thick and bake 475°—10 to 12 minutes. 5. CHEESE DREAMS: Prepare same as cheese biscuit. Place on top of each biscuit $\frac{1}{2}$ piece of loaf sugar dipped in orange juice. Bake 475°—12 to 15 minutes.

SOUR MILK BISCUITS

2 cups flour	1 teaspoon salt	4 tablespoons shortening
3 teaspoons baking powder	$\frac{1}{2}$ teaspoon soda	1 cup sour milk

Mix same as Baking Powder Biscuit. Bake 475°—12 minutes

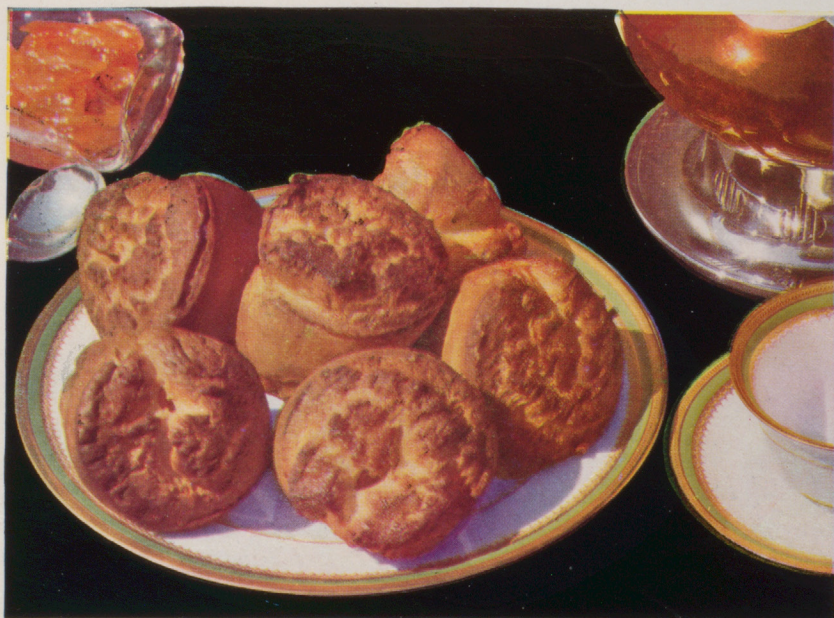
POP-OVERS

1 cup milk	$\frac{1}{2}$ teaspoon salt	2 teaspoons butter
2 eggs	1 cup flour	(melted)

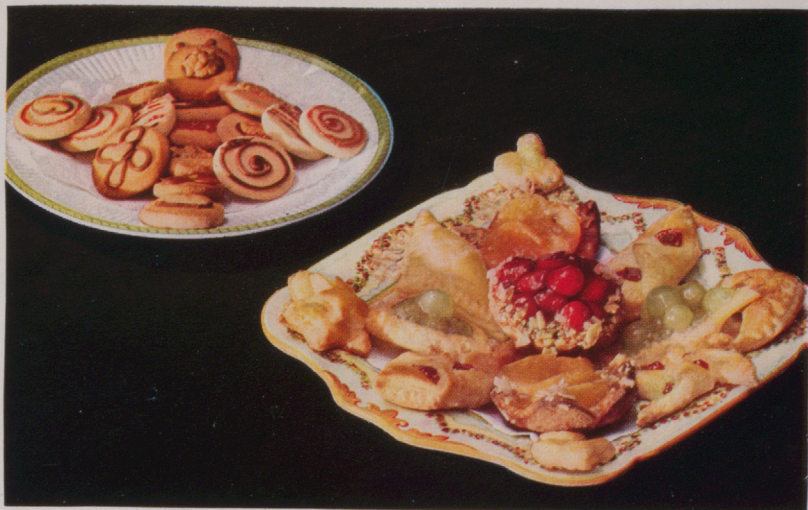
1. Beat eggs slightly. Add milk and salt. 2. Add melted butter and sifted flour. Beat 4 minutes with dover beater. (If using an electric mixer, beat 2 minutes.) 3. Pour into 6 sizzling hot, well greased pyrex cups, or pop over cups. 4. Bake 425°—30 to 40 minutes. 5. Serve hot with jam or preserves. (See illustration page 91.)



Old Fashioned Pound Cake Recipe on Page 97.



Golden Brown Pop-overs Recipe on Page 90.



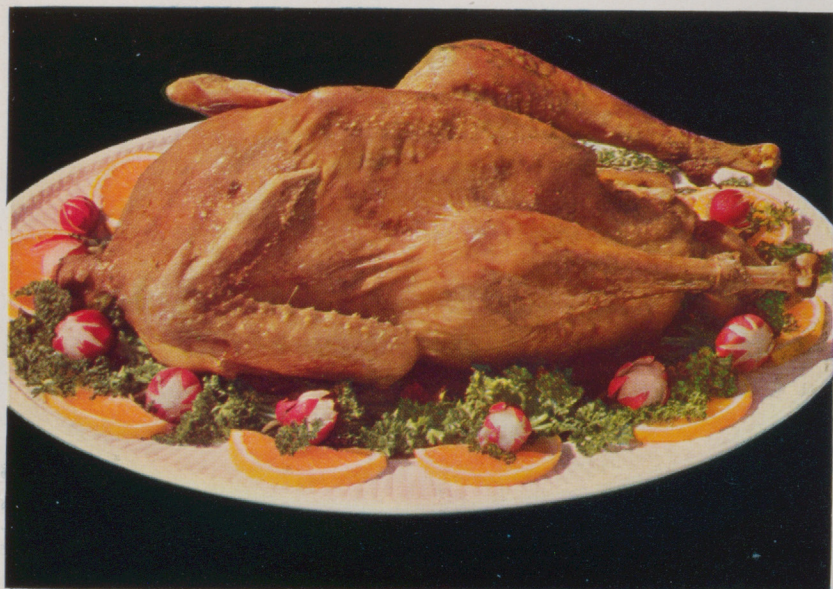
Cookie and Pastry Recipes on Pages 100-101-102.



Lemon Meringue Pie Recipes on Pages 75-102.



Broiled Steak, French Fried Potatoes.



Roast Turkey, Savory Dressing Recipe on Page 107.



Baked Trout, Stuffed Tomatoes, See Page 24.



Oven Meal of Roast Beef and Vegetable, See Page 23.

... Breads

FLUFFY MUFFINS

1 egg
1/4 cup sugar
1/4 cup melted fat

1/2 teaspoon salt
1 cup milk
2 cups flour

3 teaspoons baking
powder

1. Beat egg, add sugar, milk and salt. Mix thoroughly. 2. Measure and sift flour and baking powder. Sift together. Add to liquid mixture. Mix well. 3. Add melted fat and mix in well. Do not over mix. 4. Pour into greased muffin tins and bake 425°—20 to 30 minutes.

GRAHAM NUT MUFFINS

1 egg
3/4 cup milk
4 tablespoons brown sugar
1/2 cup nuts

1 teaspoon salt
4 teaspoons baking
powder
1 cup white flour

1 cup graham flour
4 tablespoons melted
shortening

1. Beat egg, add milk and sugar. 2. Sift dry ingredients together and add to liquid. Add melted shortening. Mix well. 3. Bake 425°—25 minutes.

SOUTHERN CORN STICKS

2 eggs
2 cups buttermilk
3 tablespoons melted
shortening

2 teaspoons salt
1 tablespoon sugar
2 cups corn meal
3 teaspoons baking powder

1 teaspoon soda,
dissolved in
1 tablespoon cold water

1. Beat eggs, add milk, sugar and melted fat. 2. Add cornmeal and mix well. Then add soda and baking powder. Mix. 3. Pour into cornstick molds and bake 425°—20 minutes.

CORNMEAL MUFFINS

Use the above recipe, add 1/2 cup more of cornmeal. Bake 425°—20 to 30 minutes.

CORN BREAD

2 cups sour milk
1 1/2 cups cornmeal
1/2 cup flour
3/4 teaspoon soda

2 teaspoons baking
powder

1 teaspoon salt
2 tablespoons melted
shortening
1 egg

1. Beat egg, add milk and melted shortening. 2. Sift and measure dry ingredients. 3. Add liquid and mix lightly. 4. Turn into greased oblong shallow pan and bake 450°—20 to 30 minutes.

CORNMEAL ROLLS

1 1/2 cups flour
3/4 cup cornmeal
4 teaspoons baking powder

1/4 teaspoon soda
1 teaspoon salt

1 egg
3/4 cup buttermilk
4 tablespoons shortening

1. Sift dry ingredients together. Cut in shortening until a consistency of corn. 2. Beat egg slightly. Add milk then add to dry ingredients. 3. Toss on floured board and knead slightly. Roll 1/2 inch thick and cut with large cutter. Brush with butter and fold over like parker house rolls. 4. Bake 475°—12 to 15 minutes.

Breads . . .

REFRIGERATOR ROLLS

1 yeast cake
 $\frac{1}{2}$ cup lukewarm water
 $\frac{2}{3}$ cup shortening

$\frac{1}{2}$ cup sugar
1 teaspoon salt
1 cup mashed potatoes

1 cup scalded milk
2 eggs
6 to 8 cups flour

1. Mash potatoes, add shortening, sugar, salt and eggs, cream well. Dissolve yeast in lukewarm water, add to lukewarm milk, then add to potato mixture. 2. Add sifted flour to make a stiff dough. Toss on floured board and knead well. 3. Put into a large bowl and let rise double in bulk. Knead slightly. Rub over top with melted butter, place in casserole, cover tightly and place in refrigerator cabinet until ready to bake. 4. About 1 hour before baking time, pinch off dough, shape into rolls as desired, cover and let rise until light. 5. Bake 400° —15 to 20 minutes.

YEAST BREAD

1 yeast cake
2 cups milk
2 cups water

$\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup shortening

$1\frac{1}{2}$ tablespoons salt
12 cups or more of
bread flour

1. Scald milk and cool until lukewarm. Add yeast, sugar and melted shortening. Add water and $\frac{1}{2}$ of the flour and beat 2 to 3 minutes. 2. Cover and let rise $1\frac{1}{2}$ hours. 3. Add salt and remaining flour. Knead until elastic to touch. Cover and let rise double in bulk. 4. Shape into loaves (4), let rise double in bulk. 5. Bake 400° —1 hour.

NUT BREAD

$\frac{1}{4}$ cup sugar
2 tablespoons melted
shortening

$\frac{3}{4}$ teaspoon salt
1 cup milk
1 egg
 $2\frac{1}{2}$ cups flour

3 teaspoons baking
powder
1 cup nuts—chopped

1. Beat egg slightly. Add milk and shortening. 2. Sift dry ingredients together. Add nuts—then add to liquid mixture and mix lightly. 3. Turn into a greased loaf pan and bake 375° —1 hour.

QUICK COFFEE CAKE

$2\frac{1}{2}$ cups flour
 $\frac{1}{3}$ cup sugar
4 teaspoons baking
powder
 $\frac{1}{2}$ teaspoon salt

$\frac{2}{3}$ cup raisins
 $\frac{1}{3}$ cup shortening (melt)
1 egg
1 cup milk

CRUMB MIXTURE FOR TOP
2 tablespoons melted butter
4 tablespoons brown sugar
1 tablespoon flour
1 teaspoon cinnamon
Nuts and cherries

1. Sift flour, measure and sift with other dry ingredients. 2. Add raisins. Mix thoroughly then add beaten egg, milk and shortening. Mix lightly. 3. Turn onto a greased oblong (6" x 9") pan. 4. Sprinkle the crumb mixture over top of cake, garnish with nuts and cherries. (May cover with waxed paper and store in refrigerator over night.) 5. Bake 425° —30 minutes.

... Cakes

WHITE LAYER CAKE

1 cup soft butter
1 $\frac{1}{2}$ cups sugar
 $\frac{3}{4}$ cup milk

$\frac{1}{2}$ teaspoon salt
3 cups flour

3 teaspoons baking powder
1 teaspoon vanilla
6 egg whites

1. Cream butter, adding sugar and beat until fluffy. 2. Sift flour. Measure, add the baking powder and salt. Sift together. 3. Add dry ingredients alternately with milk. Mix well. 4. Add vanilla—fold in beaten egg whites. 5. Turn into three (8" round) layer cake tins. 6. Bake 375°—30 minutes.

MIRACLE CAKE

1 cup soft butter
2 cups sugar
4 eggs

1 $\frac{1}{2}$ cups milk
 $\frac{1}{2}$ teaspoon salt

4 $\frac{1}{2}$ teaspoons baking powder
4 $\frac{3}{8}$ cups cake flour
2 teaspoons flavoring

1. Cream butter, adding sugar and beat until fluffy. 2. Add whole eggs one at a time, beating in thoroughly. 3. Add sifted dry ingredients alternately with milk. Add flavoring and mix. 4. Divide the batter into 4 equal parts. Cover each pan closely with heavy waxed paper or tinfoil; fasten securely with rubber band. Store in General Electric Refrigerator until ready to bake. 5. Remove from refrigerator while preheating the oven. Cook as directed in variations.

Four Variations: 1. **APRICOT UPSIDE DOWN CAKE:** $\frac{1}{4}$ of the Miracle Cake batter, 2 tablespoons butter, $\frac{3}{4}$ cup brown sugar, apricot halves. Melt the butter in an 8 inch round skillet. Add sugar and halves of apricot. Pour over the batter. Bake 375°—30 minutes. 2. **STRAWBERRY TORTE:** Turn $\frac{1}{4}$ of the Miracle Cake batter into a 9 inch layer pan. When ready to bake make meringue of 2 egg whites and $\frac{1}{2}$ cup sugar. Pile lightly on cake batter. Bake 325°—45 minutes. Cool. Cover with crushed berries or other fruit and top with whipped cream. 3. **SPICED COTTAGE PUDDING:** Add to $\frac{1}{4}$ of the Miracle Cake batter 2 tbsp. molasses, $\frac{1}{2}$ tsp. cloves, $\frac{1}{2}$ tsp. nutmeg and $\frac{1}{2}$ tsp. cinnamon. Turn into greased loaf pan (9 x 5). Bake 350°—45 minutes. Serve with hot apricot or lemon sauce. 4. **LAYER CAKE:** Divide batter into 4 layers. Bake when ready to use 375°—30 minutes. Fill with your favorite cake frosting.

OLD FASHIONED POUND CAKE

1 cup soft butter
1 $\frac{2}{3}$ cups sugar

5 eggs
Pinch salt
2 cups cake flour

$\frac{1}{8}$ teaspoon mace
 $\frac{1}{2}$ teaspoon vanilla

1. Cream sugar and butter together until all sugar granules are dissolved. 2. Add unbeaten eggs one at a time and beat thoroughly. 3. Sift and measure flour. Add salt and mace and sift again. 4. Add flour to egg mixture and mix carefully. Add vanilla. 5. Bake 350°—50 to 60 minutes. 6. To bake a full sized pound cake, bake 325°—1 $\frac{1}{4}$ hours. (See illustration—page 91.)

Cakes . . .

ORANGE FRUIT CAKE

$\frac{1}{2}$ cup soft butter	2 tablespoons minced orange rind	$\frac{3}{8}$ cup sour milk
1 cup sugar	1 teaspoon soda	1 cup chopped dates
2 eggs	2 cups cake flour	$\frac{1}{2}$ cup chopped nuts
		$\frac{1}{4}$ cup flour

1. Cream butter, sugar and eggs together until fluffy. Add orange rind.
2. Sift flour. Measure and sift with soda. 3. Add flour alternately with milk.
4. Add chopped dates and nuts floured with the $\frac{1}{4}$ cup flour. 5. Turn into greased and floured pan (size 8 x 8 x $2\frac{1}{2}$ deep). Bake 375° —40 minutes.

NOTE: While cake is baking, mix juice of 1 orange, 1 tbsp. grated orange rind, $\frac{1}{2}$ cup granulated sugar. Allow to stand, stirring occasionally. When cake is baked and before removing from pan, pour over the orange mixture. Allow to cool in pan.

ANGEL CAKE

$1\frac{1}{2}$ cups egg whites (12 to 14 eggs)	$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon almond flavoring
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon vanilla flavoring	$\frac{1}{2}$ teaspoon lemon juice
1 teaspoon cream of tartar		1 cup cake flour

1. Sift sugar, measure and sift with the cream of tartar. Sift and measure the flour. Sift again. 2. Place egg whites into large bowl and beat until fluffy. Not Too Stiff. 3. Continue beating. Add the sugar, being careful not to overbeat. 4. Add flavoring. 5. Fold in sifted flour, using wire beater. 6. Place in cold oven, switch on BAKE and control set for 325° . Bake $1\frac{1}{4}$ hours.

DEVIL FOOD CAKE

$\frac{1}{2}$ cup water	$\frac{2}{3}$ cup butter	$2\frac{1}{2}$ cups cake flour
$1\frac{1}{2}$ teaspoons soda	$1\frac{3}{4}$ cups sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup cocoa	2 eggs	$\frac{1}{2}$ teaspoon salt
	$\frac{3}{4}$ cup sour milk	

1. Mix the first three ingredients and allow to stand while mixing the batter. 2. Cream sugar and butter together until fluffy. Add eggs one at a time and beat well. 3. Sift flour and measure, add alternately with sour milk. 4. Add the first mixture and mix in thoroughly. 5. Turn into two 9 inch greased layer cake tins and bake 350° —45 minutes or three 8 inch layers and bake 30 minutes.

JAM CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup hot water	$2\frac{1}{2}$ cups flour
1 cup sugar	1 cup jam	$\frac{1}{2}$ teaspoon soda
3 eggs	1 cup sour milk	1 teaspoon baking powder
$\frac{1}{2}$ cup cocoa		$\frac{1}{2}$ teaspoon salt

1. Mix cocoa, jam and hot water. Allow to stand while creaming butter and sugar. 2. Cream butter, sugar and eggs together until fluffy. Add first mixture and mix well. 3. Sift flour, measure, add other dry ingredients and sift together. Add alternately to butter and sugar mixture with sour milk. 4. Bake in three 8 inch layers, 375° —35 to 40 minutes.

... Cake Fillings

REFRIGERATOR FROSTING

2½ cups sugar	1 teaspoon vanilla	2 egg whites
½ cup light corn syrup	½ cup water	2 tablespoons sugar

1. Cook sugar, syrup and water to 242° F. or until a firm ball when tested in cold water. 2. Beat egg whites, adding the 2 tablespoons sugar—beat thoroughly then slowly add the hot syrup mixture, beating until it will hold its shape. Add flavoring. 3. Spread on cake or put into a tightly covered jar and keep in refrigerator cabinet. If it becomes slightly stiff add a few drops of hot water and mix well.

LEMON MELBA FILLING

1 cup sugar	1 egg slightly beaten	Grated rind of 2 lemons
¼ cup lemon juice	2 tablespoons butter	Powdered sugar

1. Beat egg, add sugar, lemon juice, rind, and butter. Cook on LOW heat until thick, stirring occasionally. 2. Remove from heat, cool slightly and add enough powdered sugar to spread. 3. This is delicious with dates cut up and pecans added to filling. Enough for 2 layer cake.

SEVEN MINUTE FROSTING

With the assistance of your General Electric Mixer

1½ cups sugar	¼ teaspoon cream of tartar	2 unbeaten egg whites
5 tablespoons water		1 teaspoon vanilla

1. Mix sugar and water. Cook after boiling for 3 minutes. 2. Place the unbeaten egg whites and cream of tartar into the small mixer bowl. Turn switch to HIGH and immediately add the hot syrup. Continue to beat for 5 minutes. Add vanilla. 3. Spread on cake. This is a soft frosting; does not become crusty over the top.

SEA FOAM FROSTING

Follow the same recipe as for Seven Minute Frosting. Substitute brown sugar for the white and omit ½ of the cream of tartar. Mix the same method.

CHOCOLATE CREAM FROSTING

1 cup brown sugar	3 tablespoons butter	3 squares chocolate
½ cup water	½ teaspoon salt	1 cup chopped nuts
	Powdered sugar	

1. Mix brown sugar, chocolate, butter and water. Bring to boiling point and cook 3 minutes. Remove from heat and cool slightly. 2. Add enough sifted powdered sugar to spread. Add vanilla and nuts. 3. Spread between layers and on top of cake. Enough for a 2 layer cake.

CARAMEL FILLING

1 cup buttermilk	½ teaspoon soda	½ cup brown sugar
2 cups sugar	½ cup butter	1 tablespoon vanilla

1. Mix sugars, soda, butter and milk. Cook until forms a soft ball or 238° F. 2. Cool. Add vanilla and beat until creamy. Spread on cake.

Cookies...

REFRIGERATOR COOKIES

$\frac{3}{4}$ cup butter	1 egg	$\frac{1}{2}$ teaspoon cream of tartar
1 cup sugar—white or brown	2 cups flour	1 teaspoon vanilla
	$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cup nuts

1. Cream butter and sugar. Add egg and beat well. 2. Add sifted dry ingredients and nuts. 3. Mold into rolls, wrap in waxed paper and place in refrigerator until ready to use. 4. Slice and bake 400° —8 to 10 minutes.

CHOCOLATE COOKIES

$\frac{1}{2}$ cup melted butter	1 egg	$\frac{1}{4}$ teaspoon soda
1 cup brown sugar	$\frac{1}{2}$ cup milk	1 teaspoon baking powder
2 squares melted chocolate	$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{2}$ cup nuts
	$1\frac{3}{4}$ cups flour	

1. Place butter, sugar and egg in bowl and beat until creamy. Add melted chocolate. 2. Add dry ingredients alternately with milk. Add vanilla and nuts chopped. Chill for a few minutes. 3. Drop from spoon on cookie sheet and bake 375° —10 to 12 minutes.

GINGER SNAPS

1 cup shortening	$\frac{1}{2}$ cup molasses	3 teaspoons ginger
1 cup sugar	Nuts if desired	1 teaspoon soda
2 eggs	$4\frac{1}{2}$ cups flour	1 teaspoon salt

1. Mix in order given. Mold into small size rolls. Wrap with waxed paper and place in refrigerator and use as desired. 2. Bake 400° —8 to 10 minutes.

DROP COOKIES

1 cup butter	$\frac{1}{2}$ cup walnuts	2 cups flour, using $\frac{1}{2}$ cup of it to flour dates
$1\frac{1}{2}$ cups brown sugar	1 cup uncooked rolled oats	1 teaspoon soda
2 eggs	1 teaspoon vanilla	1 lb. dates (cut up)
$\frac{1}{2}$ cup shredded cocoanut		

1. Mix all ingredients together, drop on baking sheet from teaspoon. 2. Bake 12 minutes— 350° . Keep in cookie jar.

BROWNIES

$\frac{1}{2}$ cup butter or other shortening	$\frac{1}{4}$ teaspoon salt	1 cup walnut meats, broken in small pieces
1 cup sugar	$\frac{1}{2}$ teaspoon baking powder	1 teaspoon vanilla
2 eggs	2 squares unsweetened chocolate	
$\frac{3}{4}$ cup flour		

1. Cream shortening and eggs, and sugar, beating thoroughly. 2. Sift flour, add salt and baking powder and sift together. Add to creamed mixture. 3. Add chocolate, previously melted, nuts and vanilla. 4. Pour into well greased pan. 5. Bake 30 minutes— 350° . Cool and cut into squares.

... Pastries

PASTRY

2 cups flour
1 teaspoon salt

Ice Water

$\frac{3}{8}$ cup shortening
(May use $\frac{1}{2}$ butter)

1. Mix and sift flour and salt. Add shortening and cut in with fork or pastry blender. 2. Add ice water to make a stiff dough. (Be careful not to add too much moisture.) 3. Wrap in waxed paper and place in refrigerator to chill or until ready for use. 4. When ready to use roll out $\frac{1}{8}$ inch thick to fit pie tin, form fluted edge. 5. Bake 475°—12 to 15 minutes.

CRUMB PASTRY—FOR PIES

1½ cups holland rusk,
rolled fine

$\frac{1}{8}$ cup melted butter

1 egg white
 $\frac{1}{8}$ cup sugar

1. Roll holland rusk fine. (Many use graham or zwieback crackers.) Add other ingredients and mix thoroughly. 2. Turn into pan and line pan pressing evenly with fingers. 3. Bake 400°—10 minutes.

FLUFFY PUMPKIN PIE

$\frac{1}{2}$ cup sugar
1 teaspoon salt
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{4}$ teaspoon ginger
2 cups pumpkin
3 eggs

2 tablespoons melted
butter
1 cup milk
1 cup crushed nut brittle

1. Mix sugar and spices—add pumpkin and milk—mix thoroughly. 2. Add egg yolks and melted butter. Fold in beaten whites. 3. Turn into a lined pie tin. 4. Place into a 450° oven and reset the control to 325°. Bake 45 minutes. 5. Cool slightly, cover with crushed nut brittle and garnish with whipped cream.

CHERRY PIE

Pie pastry
3 cups cherries,
(canned or fresh)

1 tablespoon minute
tapioca

$\frac{3}{4}$ cup sugar
1 tablespoon butter
Dash nutmeg

1. Roll pie pastry, line tin and cut off edge. 2. Fill by adding $\frac{1}{4}$ cup of the sugar and $\frac{1}{2}$ the tapioca in bottom of pan, then the cherries—add the remaining sugar and tapioca, nutmeg and butter. 3. Cover with pie paste—allow top crust to overlap lower crust $\frac{1}{2}$ inch—cut off with sheers, moisten edge and fold under the lower crust. Crimp edges. 4. Place into a 475° oven and reset the control to 350° and bake 45 to 50 minutes with switch on BAKE.

Variations—Peach, apple, plum, rhubarb or berries.

TEA PASTRIES

Make shell on tart pans or fit pastry on back of muffin tins. Prick with fork. Bake 475°—12 to 15 minutes. Fill with fruit, jams, or any desired filling.

Pastries . . .

CUSTARD PIE

Pie pastry
2 cups milk (scald)

3 eggs
 $\frac{1}{2}$ teaspoon salt

Dash nutmeg
 $\frac{1}{8}$ cup sugar

1. Line pie tin with pastry and flute edge. 2. Beat eggs slightly, add sugar and salt. Add scalded milk. 3. Pour into pie shell. Place into a 450° oven and reset control to 325° and bake 50 minutes.

Variations—Cocoanut Custard Pie: Add $\frac{1}{2}$ cup of shredded cocoanut.

Chocolate Custard Pie: Add 2 squares of grated chocolate—the chocolate will rise to the top and make a dark crust over top—very nice.

LEMON MERINGUE PIE

Bake Pastry shell and cool. Pour lemon cream filling (Page 75), cover with meringue and bake 300°—30 minutes. (See illustration—page 92.)

ENVELOPE TARTS

Roll out pastry to $\frac{1}{8}$ inch thick. Cut in pieces two or three inches square. Put a teaspoon of jam or marmalade on each piece. Moisten edges and fold diagonally, pressing edges together with a fork. Bake 400°—15 to 20 minutes.

BANANA PUFFS

Peel as many bananas as desired, roll in sugar and cinnamon, then roll up in pie pastry and bake 450°—15 minutes. Serve with whipped cream or lemon sauce. May use any other fruits desired.

CHEESE APRICOT TURNOVERS

3 3-oz packages of
cream cheese
 $\frac{1}{8}$ cup butter

2 cups flour
 $\frac{1}{2}$ pound dried
apricots

$\frac{1}{2}$ teaspoon salt
2 teaspoons baking
powder

1. Sift dry ingredients, add soft butter and cheese, work together thoroughly. Chill in refrigerator over night. 2. Cook apricots adding 1 cup water on LOW heat, sweeten to taste and cool. 3. Roll pastry $\frac{1}{8}$ inch thick, cut in 4 inch squares, place apricots on one half, fold over, moisten edges and crimp edges with fork. 4. Bake 375°—30 minutes.

PEACH NUT PIE

Crumb pastry shell
2 cups peaches
 $\frac{1}{8}$ cup powdered sugar

$\frac{1}{4}$ cup cherries
 $\frac{1}{2}$ pint cream

10 marshmallows
 $\frac{1}{2}$ cup nuts
 $\frac{1}{4}$ cup orange juice

1. Cut marshmallows and add orange juice. Allow to stand while baking the shell. 2. When pie shell is cool—fill with sliced peaches, slightly sweetened. 3. Whip cream stiff, add nuts, cherries and marshmallows. Pour over the peaches. 4. Place in chiller tray and allow to stand several hours.

The General Electric Dishwasher

THE modern all-electric kitchen banishes the most disagreeable of all kitchen tasks—that of washing dishes. In the General Electric Kitchen, a G-E Dishwasher actually washes and dries all the day's dishes in 5 minutes. It is so simple a child can operate it and it costs but a penny a day to use.

Dishes, silverware, glasses, pots and pans are placed in the rubber-covered trays and automatically deluged with streams of steaming hot water until spotlessly clean. Another torrent of water rinses them and they dry themselves.

Microscopic tests prove they are cleaned many times better than is possible by hand—the result of

washing with boiling water too hot for hands to touch. And the G-E Dishwasher cleans itself every time it cleans the dishes. It is an added comfort to know the health of your family is safe-guarded by the perfect sanitation of a General Electric Dishwasher.

The New Art of washing and drying dishes *electrically* will save you hours every day. Think of the tiresome drudgery you escape—the new hours of freedom you can enjoy! And there are no more tell-tale “dishpan” hands. The charm and loveliness of youthful hands are retained for they never touch greasy, hot suds with a General Electric Dishwasher.



The New Art

OF LIVING ELECTRICALLY

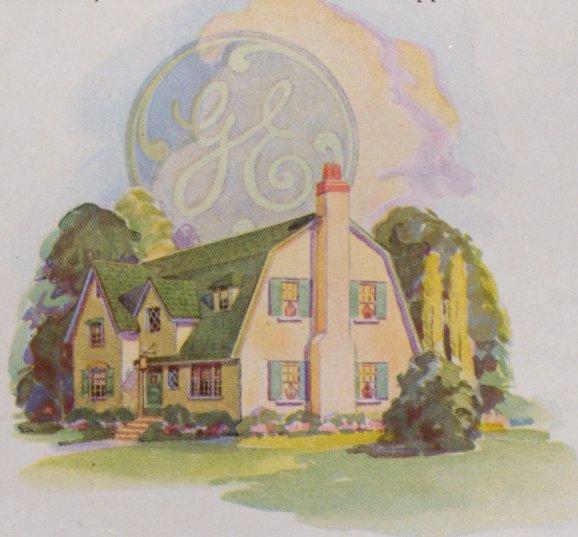
THROUGH years of leadership in electrical research, General Electric has given to the Canadian woman a priceless gift of happier hours. The tremendous forces of electricity have been put at her command through the simple G-E Appliances that she can buy for a few cents a day—and can operate as easily as turning on an electric light.

In the modern home today, a flip of the finger floods a room with light. A snap of a switch and an electrically powered machine washes the clothes, another one irons them—no drudgery, no long hours. The broom and brush have been replaced by the electric vacuum cleaner that does the cleaning quicker and easier. (The electric home is more comfortably heated by an automatic, electric con-

trolled furnace that requires no attention. Hot “stuffy” air is cooled and purified by electric air conditioners and room coolers.) An electric radio provides the world’s finest entertainment.

In the kitchen, quiet dependable servants preserve the food, whip or mix ingredients for favorite dishes, cook the meals without constant supervision—even wash and dry all the dishes without touching human hands to water.

The New Art of Living Electrically has not only banished drudgery and monotonous routine from Canada’s homes, but it has brought new hours of freedom to the busy homemaker, new joy to her work, new savings to her budget, and new health and happiness to her family.



... Miscellaneous Recipes

OVEN DESSERTS

PEARS BAKED IN GINGER SYRUP

$\frac{1}{8}$ cup sugar
 $\frac{3}{4}$ cup water

Juice of 1 lemon
 $\frac{1}{2}$ teaspoon ginger

Rind of $\frac{1}{2}$ lemon
6 to 8 pears

1. Mix sugar, ginger, lemon rind and juice. Add water and boil for 5 minutes. 2. Peel pears (leave whole) put into a buttered baking dish, pour over the syrup. Cover and bake $1\frac{1}{2}$ hours— 375° . 3. Serve hot with whipped cream.

FIG PUDDING

1 12c. box graham
crackers
 $\frac{1}{2}$ lb. figs—cut fine
 $\frac{1}{2}$ cup nuts—cut fine
 $\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup suet—cut fine
1 teaspoon baking powder
1 teaspoon vanilla
1 teaspoon cinnamon and
allspice mixed

1 teaspoon salt
2 cups fruit juice
(May use orange juice
or mixed fruit juices)

1. Crush crackers, add nuts, figs, sugar, suet, salt and spices. Add fruit juice and baking powder. 2. Turn into a well-buttered casserole. Cover and bake 350° — $1\frac{1}{2}$ to 2 hours. This may be steamed in the Thrift Cooker. Place 1 cup water in cooker and rack. Steam according to size of puddings.

DEEP DISH FRUIT PIE

2 to 3 cups fruit
 $\frac{1}{2}$ to 1 cup sugar

$\frac{1}{2}$ teaspoon spices

4 tablespoons butter
Rich biscuit dough

1. Butter baking dish. Prepare fruit (peaches, apples, cherries, etc.). Arrange in bottom of dish and add sugar and spices. Dot with butter. 2. Spread over this a rich biscuit dough. 3. If baking with oven meal, cover and bake 350° — $1\frac{1}{2}$ to 2 hours. If baking alone, bake uncovered— 375° —1 hour.

DESSERT SOUFFLES

BASIC RECIPE

2 tablespoons flour
2 tablespoons butter
3 tablespoons sugar

$\frac{1}{2}$ cup milk
3 eggs, separated

1 teaspoon grated orange
or lemon rind
Flavoring

1. Make sauce of butter, flour, sugar and egg yolks. Cool. May be covered and stored in refrigerator cabinet until ready for use. 2. When ready to bake—beat egg whites and fold into sauce. 3. Turn into baking dish, place in shallow pan with 1 cup of water, and bake 350° —30 to 45 minutes.

Variations: 1. STRAWBERRY AND ALMOND SOUFFLE: Add to the basic recipe 2 cups crushed berries slightly sweetened and $\frac{1}{2}$ cup shredded almonds. 2. PINEAPPLE SOUFFLE: Add to the basic recipe one 8 oz. can of crushed pineapple. 3. LEMON SOUFFLE: Add to the basic recipe juice of 1 lemon and 1 tsp. of grated rind. 4. CHOCOLATE SOUFFLE: Add to the basic sauce while hot—2 squares of grated chocolate.

Miscellaneous Recipes . . .

MAIN DISHES

CHEESE FONDUE

1 cup milk
1 cup soft bread crumbs
1 cup grated cheese

1 tablespoon butter
 $\frac{1}{2}$ teaspoon salt

Pepper
3 egg yolks
3 egg whites

1. Scald milk and add to the bread crumbs. Cool slightly, add the cheese, butter, salt and egg yolks. 2. If not ready to bake, cool, cover, and place in refrigerator cabinet. 3. When ready to bake, fold in stiffly beaten egg whites, pour in buttered baking dish. 4. Bake 350° —30 to 45 minutes.

CHEESE STRATA

12 slices of stale bread
 $\frac{1}{2}$ lb. Canadian cheese
loaf

$2\frac{3}{4}$ cups milk
4 eggs

$\frac{3}{4}$ teaspoon salt
Pepper and paprika

1. Trim crust from bread, arrange 6 slices in bottom of buttered baking dish. Slice the cheese and place on bread; cover with remaining slices of bread. 2. Beat eggs slightly, add milk and seasoning. Pour milk mixture over the bread. Cover and keep in the refrigerator cabinet until ready to bake. 3. Place in shallow pan of water and bake 350° —45 minutes or until custard is set. The bread should puff up and brown. The thorough chilling makes the "strata" puff like a soufflé. Serve at once.

BAKED HAM

12 to 15 lb. ham
Whole cloves

Vinegar to moisten

1 cup brown sugar
1 tbsp. mustard

1. Select ham, remove hock bone, wash and soak 1 hour in hot water. 2. Place 2 or 3 plys of brown paper in broiler pan, arrange ham skin side down. 3. Place in cold oven. Maintain temperature 300 to 325° . (If over 15 lbs. use 300° .) Switch on BAKE. 4. Bake, allowing 20 to 25 minutes per lb. 5. Before the last hour of cooking, remove ham from oven—remove skin and excess fat. Score and stick whole cloves in ham. Rub with brown sugar mixture. Return to oven and cook 1 hour.

HAM SUPREME

2 center cuts of ham
($\frac{1}{2}$ inch thick)
3 firm tomatoes

$\frac{1}{4}$ cup of onion minced
 $\frac{1}{4}$ cup of green pepper
minced

Salt and pepper
Soft butter
Saute corn (left-over)

1. Cut ham into circles slightly larger than the tomato. 2. Arrange in bottom of pan the corn—season. Place rack over corn; then arrange slices of ham. Brown, using switch on BROIL (8 to 10 minutes). Turn ham and cook 5 minutes. 3. On each slice of ham place thick slice of tomato and on the tomato, one tablespoon of onion and green pepper seasoned. Continue to cook until tomatoes are heated (5 to 8 minutes). 4. At the same time the tomato slices are placed on ham, arrange potato croquettes on rack to brown. 5. Serve on large chop plate and garnish with parsley. (See illustration—page 19.)

... Miscellaneous Recipes

ROAST TURKEY WITH SAVORY DRESSING

1 12 to 15 lb. turkey
Salt

Savory Dressing
Soft butter

1. Prepare young turkey for roasting—reserve wing tips, neck and gizzard. Cook for broth. Rub well with salt. Stuff with Savory Dressing. Sew securely. Rub outside with soft butter. 2. Place on broiling pan, and into a cold oven. Turn switch to **BAKE** and set control for 325°. Cook, timing turkey 20 minutes per lb. 3. If a larger turkey, lower temperature to 300° and cook 18 minutes per lb. An old turkey should be cooked for a longer period—20 to 25 minutes per lb. (See illustration—page 93.)

SAVORY DRESSING

8 to 10 cups stale bread
Broth to moisten
½ tsp. thyme

1 tsp. poultry seasoning
½ cup minced onion
1 cup celery—cut fine

Turkey liver—rub to a
paste
½ cup melted butter
2 eggs

1. Moisten bread slightly. Add other ingredients. Add beaten eggs and butter last. 2. Stuff turkey. If more than needed, turn into shallow pan and bake 350°—30 minutes.

BEEF OR LAMB STEW WITH POTATO DUMPLING

2 lbs. of beef or lamb
¼ cup butter
2 medium onions

1 cup carrots cut
Pepper and paprika
1 cup celery cut

1 tbsp. Worcestershire sauce
2 tsp. salt
3 cups beef broth or water

1. Select an inexpensive cut of meat, lamb neck or beef shoulder are good cuts or you may use left-over meat. Cut in cubes, and brown on surface unit using **HIGH** heat. 2. Preheat cooker 10 minutes, add butter and sliced onion. Brown slightly while browning meats. 3. Place browned meat in cooker, add vegetable seasoning and hot broth. Cook on **HIGH** until steaming (10 to 15 minutes) then turn **LOW** for 1 hour. 4. At the end of an hour, switch to **HIGH**, arrange potato dumplings on meat. Cover and cook on **HIGH** 5 minutes, then **MEDIUM** 15 minutes.

POTATO DUMPLINGS

1 cup left-over mashed
potatoes

1 cup flour
½ tsp. salt

1 tsp. baking powder
1 egg

1. Sift flour, salt and baking powder together, add mashed potatoes, and egg. 2. Knead slightly, form into roll 1½ inches in diameter. Chill in refrigerator. 3. Cut off in 1 inch pieces and steam over stew. Or may steam in cooker using rack and add 1 cup water. 4. These are delicious served as a vegetable with sauted onions.

SWEET POTATO CROQUETTES

2 cups cold left-over sweet
potatoes

¼ cup minced celery
Warm milk to moisten
½ tsp. salt

Crushed cornflakes
Melted butter

1. Mashed potatoes. Add celery and seasoning. Moisten with milk. Roll in melted butter, then in cornflakes. 2. Place on rack and brown using broiler unit or fry in hot deep fat until a golden brown.

Miscellaneous Recipes . . .

FRUIT CAKE

- | | | |
|--------------------------------|------------------------------------|-------------------------------------|
| 1 cup butter | $\frac{1}{2}$ cup orange juice | 1 lb. white raisins |
| 1 cup sugar | 1 small glass cherry or | 1 lb. puffed raisins |
| $2\frac{1}{2}$ cups flour | grape jelly | $\frac{1}{2}$ lb. candied pineapple |
| 1 teaspoon baking powder | 5 eggs | 1 pkg. pitted dates |
| 1 teaspoon salt | $\frac{1}{2}$ lb. candied cherries | $\frac{1}{4}$ lb. citron |
| 1 teaspoon cinnamon | (whole) | $\frac{1}{4}$ lb. orange and lemon |
| $\frac{1}{2}$ teaspoon each of | $\frac{1}{2}$ lb. almonds (whole) | peel (mixed) |
| nutmeg, allspice and | $\frac{1}{2}$ lb. pecans (whole) | 1 can moist cocoanut |
| cloves | | (may omit) |

1. Prepare fruit, shred fruit peel, citron and pineapple. Dredge with the $\frac{1}{2}$ cup of flour. Cut cocoanut fine. 2. Cream butter and sugar, add eggs, beat thoroughly. Add dry ingredients alternately with orange juice and jelly. Combine with fruits. 3. Turn into a well greased tube pan (or 3 loaf pans). Line bottom of pan with paper. Do not smooth batter. Garnish with nuts, cherries and angelica. 4. Bake—according to size—see chart, page 87.

ENGLISH PLUM PUDDING

- | | | |
|---------------------------|-------------------------|--------------------------|
| 2 cups suet | 2 tsp. cream of tartar, | 2 cups currants |
| 2 cups sugar | sift with | 1 lb. raisins |
| 4 cups stale bread crumbs | 1 cup flour | $\frac{1}{4}$ lb. citron |
| 1 tsp. cloves | 7 eggs | $\frac{1}{2}$ lb. figs |
| 1 tsp. cinnamon | | 1 cup whiskey or wine |

Prepare fruits, cutting fine. Prepare suet, grind or grate. Mix sugar, bread crumbs, spices, flour. Add to fruit and suet. Add beaten eggs. Mix thoroughly and allow to stand over night. In the morning take 1 cup milk and add 1 tsp. soda. Stir with other ingredients. Pour into greased molds and steam 4 to 6 hours or bake in General Electric Oven 250°—6 to 8 hours. Serve with white grape juice sauce or hard sauce.

MOLASSES CAKE

- | | | |
|------------------------------|-----------------------------|---------------------------------|
| $\frac{3}{8}$ cup shortening | $\frac{1}{2}$ cup molasses | 2 teaspoons ginger |
| $\frac{1}{2}$ cup sugar | 1 teaspoon soda | $\frac{1}{2}$ teaspoon cinnamon |
| 1 egg | $\frac{1}{2}$ cup sour milk | $\frac{1}{2}$ teaspoon salt |
| | $1\frac{3}{4}$ cups flour | |

1. Cream shortening, add sugar and egg. Cream together. Add molasses. 2. Mix flour, salt and spices, sift together. Mix sour milk and soda, add alternately with the flour to the sugar mixture. 3. Pour into a greased pan. Cover with heavy waxed paper and place in refrigerator until ready to use. 4. Remove from refrigerator while preheating oven. Bake 350°—30 minutes.

CHICKEN PIE

- | | | |
|--------------------------|--------------------------|----------------------|
| 1 4 to 5 lb. cooked fowl | Salt and pepper | 1 slice onion |
| 4 cups water | $\frac{1}{2}$ cup celery | Vegetable if desired |

1. Cut chicken into pieces, add water, salt, celery, onion and pepper. Cook until tender. Remove celery. 2. Thicken slightly with $\frac{1}{4}$ cup flour. Butter a large casserole, add chicken and broth. (Add 1 cup each of diced carrots, peas and potatoes.) 3. Cover with Rich Pastry rolled $\frac{1}{4}$ inch thick. Make several slits in top. 4. Bake 400°—30 minutes. (See illustration—page 70.)

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